

# VISIO



**TECHNOGYM®**

The Wellness Company™

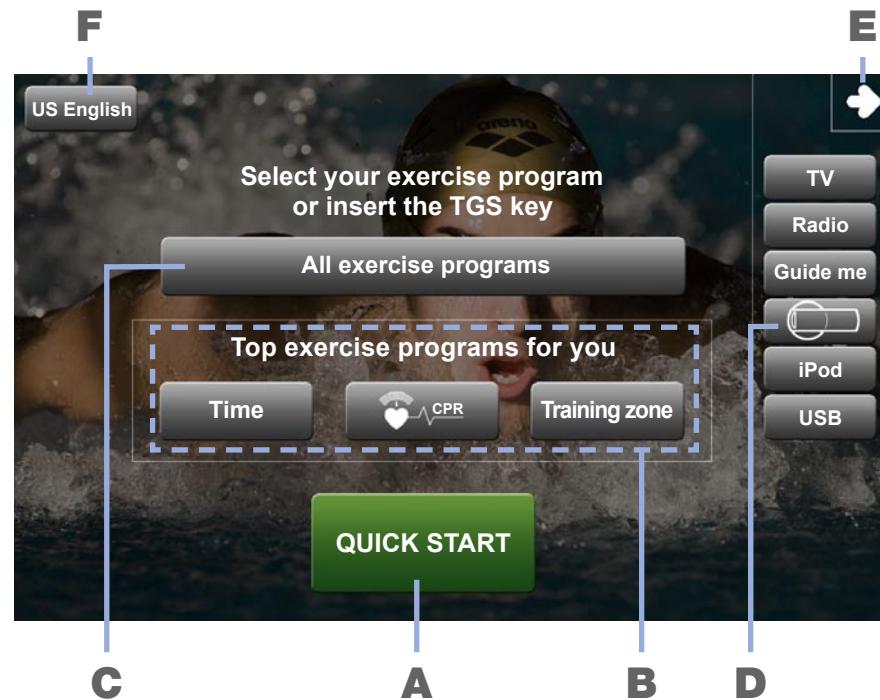
## User manual

# Contents

<b>Visio</b>	3	Military tests .....	38	Setting a free workout .....	75
<b>The exercises</b>	4	Air Force PRT test.....	38	Changing the exercises in the training program .....	76
All the exercise programs.....	4	Navy PRT test.....	39	Seeing the results of the exercise and the session .....	78
Inserting data to set the exercise .....	5	Army PFT test .....	40	The TGS key and the strength exercises .....	80
Workout.....	6	Marine Corps PFT test.....	41	Seeing the ratings .....	82
QUICK START .....	10	PEB (Federal Law Enforcement) test.....	42		
Warm Up .....	10	Gerkin Protocol.....	43		
Workout with goal .....	11	Cool down .....	44	<b>The TV and the radio</b> .....	84
Weight loss workout.....	12	Performance Index .....	45	Watching the TV .....	84
Constant heart rate workout (CPR) .....	13	<b>The configuration menu</b> .....	46	Listening to the radio.....	85
Training zone workout.....	14	International Setup .....	47	Configuring the TV.....	86
Preset profiles .....	15	Training setup.....	48	Configuring the radio.....	89
Custom profiles .....	16	Entertainment setup .....	53	Saving the configuration .....	90
Programming the Preset profiles.....	18	Calibrating the touch screen .....	56	Importing the configuration from USB .....	91
Interval training.....	21	<b>Plug &amp; Train and the TGS key</b> .....	57	Configuring the IPTV channels .....	92
Fitness test .....	22	Plug & Train with the Wellness System.....	59	<b>Using the iPod and USB</b> .....	94
Custom maximal test on Top .....	24	Starting the exercise with the TGS key .....	59	<b>The Games Area</b> .....	96
Wingate test .....	25	Seeing the contents of the training program ...	61	<b>The Guide me Area</b> .....	97
The Run 900 tests .....	26	Seeing the results of the exercise and the session .....	62	<b>The Club Area</b> .....	98
Maximal tests .....	26	Seeing the personal data.....	64	Rankings.....	99
Technogym maximal test.....	27	Seeing the ratings.....	65	Courses program, Promotions, Bulletin board.	100
Custom maximal test.....	28	The TGS key and the strength exercises .....	66		
Bruce test .....	29	Plug & Train without the Wellness System.....	68		
Bruce modified test .....	30	Entering the personal data in the TGS key.....	68		
Naughton test .....	31	Change or delete the personal data in the TGS key .....	70		
Balke & Ware test .....	32	Starting the exercise with the TGS key: first session.....	71		
Astrand modified test .....	34	Starting the exercise with the TGS key .....	73		
Costill & Fox test.....	35				
Submaximal tests .....	36				
Single stage model .....	36				
Multistage model .....	37				

Touch the screen at any point to display the Home Page.

From this page you can access all the functions and applications available.



- A** - Start an exercise, with QUICK START, that does not require any data to be inserted.
- B** - In “Top exercise programs for you” there are the keys to start the most popular or the recommended exercises for the specific equipment. See the configuration menu to select these exercises.
- C** - “All exercise programs” displays the complete list of exercises available.
- D** - If you enter the TGS key in the reader, you will start the exercise saved in the training program and you can view the training program: see the section on how to use the TGS key.
- E** - Use the arrow in the top right hand side to display, and vice versa to hide, the keys for the various applications: TV, Radio, USB, iPod, Guide me.
- F** - Use the key in top left hand side, if present, to change the Visio language; see the configuration menu for the setting.

# All the exercise programs

To start one of the exercises or tests press the relative key.  
Press Home to go back to the Home Page.

## Goal driven

These are exercises whose duration is determined either by the Time elapsed, or by the number of Calories burned, or by the Distance covered.

## Heart rate driven

These are exercises performed at a constant heart rate and therefore the heart rate monitor must be used. The Weight Loss workout is not available in Top Excite.

## Profile workout

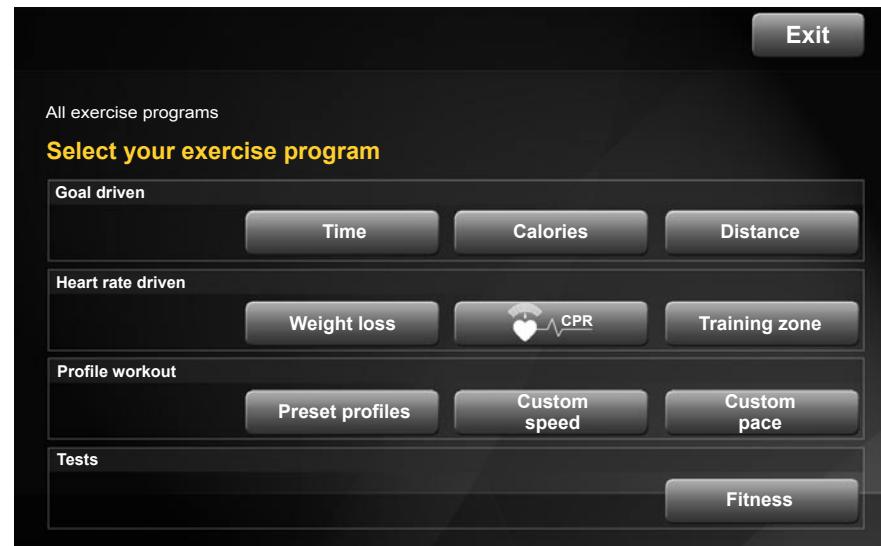
These are exercises in various steps, with preset load variations or variations set by the user.

## Tests

The maximal, submaximal and military tests are available in Run Excite 900.

The fitness test is available in Run Excite 700, Bike, Recline, Step, Synchro and Cardio Wave Excite.

The fitness test, the custom maximal test and the Wingate test are available in Top Excite.



# Inserting data to set the exercise

The type of exercise selected is constantly displayed at the top of the data insertion page.

Personal data may also be requested such as age, weight or gender; or the exercise duration and the work loads (for example, gradient, speed, heart rate, power).

Some of this information is compulsory, so you cannot continue and start the exercise without inserting them; other information is optional and does not have to be inserted. For example: for the Goal driven workout only the duration is compulsory, however if the weight is inserted too the calories burnt calculation is more accurate; if the age is inserted, the maximum heart rate value is calculated more precisely.

The numerical values requested can be inserted with the numbers keypad. Only the numbers are inserted, therefore 7 and 5 for 7.5 km.

The keypad contains the Delete key, as well as the numbers, to delete the value inserted.

Non-numerical data may also be requested, for example gender or exercise intensity; in this case the possible choices can be selected with some keys.

Other keys found in this type of window:

**Back** to go back to the previous message

**Enter** to confirm the value inserted and proceed

**Start** to start the exercise; it is active only after all the compulsory data has been inserted

**Exit** to go back to the Home Page

Heart rate driven - Weight loss  
Press Start to start or define the workout by entering the data.

Time min 30

Walking or Running Running

Gender Male

Age 30

Weight kg 70

1 2 3  
4 5 6  
7 8 9  
0 Delete

Back Enter Start

# Workout

During the workout only the data and keys necessary for the exercise are displayed; and the keys for the applications available and the devices connected.

The three arrows at the corners of the screen let you display or hide the three corresponding information or control blocks at the sides.

The data about the exercise in progress is found at the top of the screen:

- time elapsed, expressed in minutes and seconds;
- calories burnt, expressed in kilocalories;
- distance covered, expressed in kilometres. The distance is expressed in floors only in Step Excite;
- heart rate, if detected, expressed in beats per minute.



The heart shaped symbol above the heart rate value changes in colour according to the heart rate detected:

- it's orange, if the value detected is less than 60% of the theoretical max HR;
- it's green, if the value detected is between 60% and 90% of the theoretical max HR;
- it's red, if the value detected is above 90% of the theoretical max HR.

The theoretical max HR is calculated with the formula 220-age, therefore we recommend inserting the age, even though it is not compulsory, for a correct heart rate display.



## DANGER

Always check that your heart rate never goes above 90% of your maximum rate.

## Workout

On the bottom of the screen you can see the workloads and the goal, which differ according to the type of exercise and equipment, for the current exercise.

If the + and – keys are present, the workloads and the goal can be changed, as described below.

- The goal increases or decreases, according to the type of goal, in 1 minute, 0.1 km or 10 calorie steps each time the key is pressed. During the exercise the goal arc lights up proportionally, from left to right, until the entire set goal value has expired.
- The gradient, expressed in percentage, increases or decreases by 0.5% each time the key is pressed (in Run Excite).
- the power increases or decreases by 10 watt every time the key is pressed (in Bike, Recline, Vario and Synchro Excite).
- The speed increases or decreases, every time the key is pressed, by 6 spm in Step Excite, by 5 spm in Cardio Wave Excite, by 0.1 km/h in Run Excite; or faster if the key is kept pressed.
- The pace increases or decreases by 00:01 min/km every time the key is pressed, or faster if the key is kept pressed (in Run Excite).
- The effort level increases or decreases by 1 unit every time the key is pressed (in Bike, Recline, Vario and Synchro Excite).
- The heart rate increases or decreases by 1 unit every time the key is pressed, if the keys are enabled (see *The configuration menu* section).



## Workout

On the bottom there are also the keys to interrupt the exercise.

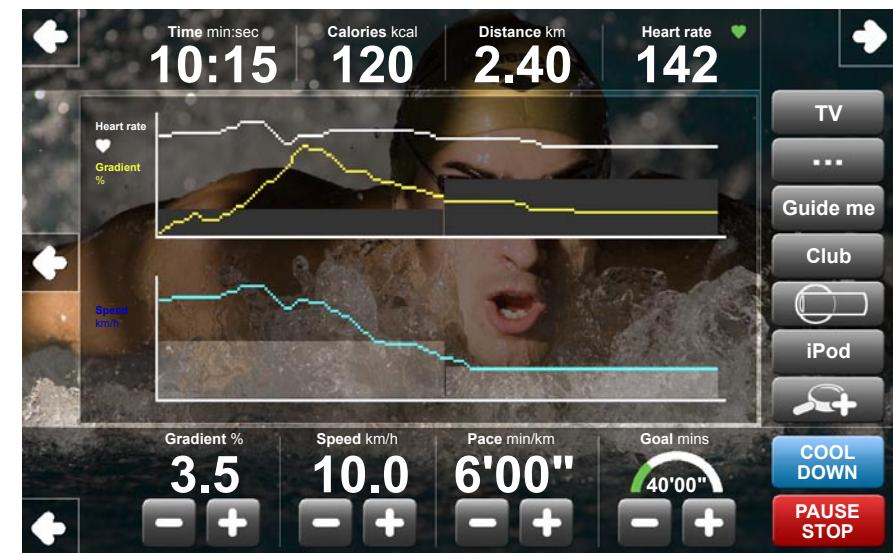
**PAUSE** To interrupt the exercise for a brief pause. During the pause all the values are blocked and only the RESTART key, to continue the exercise, and the STOP key, to end the exercise, are active. A message informs you of the maximum pause time, after which the exercise stops, displaying the results achieved up to the interruption.

**STOP** To end the exercise and start the cool down.

**COOL DOWN** To end the exercise and start the cool down (key found in Run and Jog).

**PAUSE / STOP** To interrupt the exercise for a brief pause; the treadmill stops, all the values are blocked and only the RESTART key, to continue the exercise, and the STOP key (key found in Run and Jog), to end the exercise, are active.

During the CPR exercise, in the profiles and in the tests, as well as the data listed above there are certain graphs that show the work loads (for example the effort level, gradient, speed and power) of the current workout, on the abscissa; and the goal on the ordinate. If the exercise is in multiple steps, every step is represented by a column. The arrow in the centre of the left hand side of the screen hides the graphs.



# Workout



The keys for the various applications, the TV, the Radio and the devices connected can be found on the right hand side of the screen. There are also the following keys:



only in Run Excite, to switch the fan on or off. The white border of the key indicates that the fan is on. If the equipment is not in use, the fan switches off automatically after one minute; if the grill is closed, the fan switches off automatically;

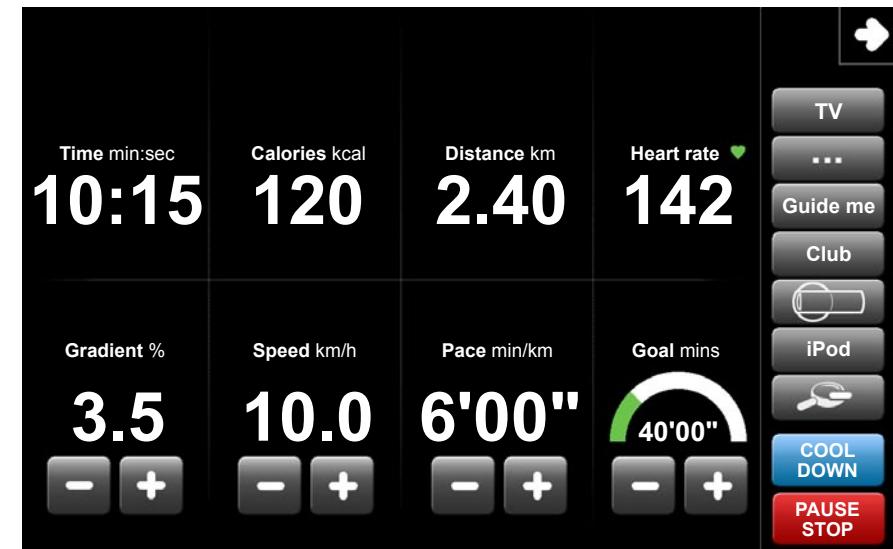


appears if the number of keys to display in this part of the screen is greater than 7. Press this key to display, or hide, the additional keys on the left;



to enlarge, and vice versa reduce, the data display relative to the exercise in progress.

The large mode occupies the whole screen, therefore the TV, the games, the guide and the information on the club area and the TGS key cannot be seen.



# QUICK START

Workouts started with QUICK START are on a time increment basis; the age and weight values are preset.

In Bike, Recline, Vario and Synchro Excite this workout is at constant torque and the starting power is 30 watts.

In Top Excite this workout is at constant torque and the effort level is 5.

In Step Excite the effort level is 1; in Cardio Wave Excite the effort level is 3. In both the workout is at constant speed.

In Run Excite the gradient is 0 and the speed is 0.8 km/h.

## Warm Up

The Warm Up is a warm up exercise for the upper part of the trunk performed at constant torque mode.

This warm up lasts 4 minutes, 3 minutes with the forward movement and 1 minute backwards.

The duration of the WARM UP can be modified in the configuration menu; in case of modification, the movement remains forward for the first 3/4 of the exercise, and backwards for the remaining 1/4.

At the end of the exercise there is no cool down.

The Warm Up is available in Top Excite; the key to start the exercise is found only in the Home Page.

# Workout with goal

Press on one of the three goals to start the exercise.

The first parameter requested is the goal value, that is the exercise duration, the distance to cover, or the calories to burn, according to the selected goal.

The exercise ends when the goal is reached; the goal can also be changed during the exercise with the relative keys.

Age and weight are optional; if they are not inserted preset parameters are used to calculate the theoretical max heart rate and the calories burnt.

In Bike, Recline, Vario and Synchro Excite this workout is at constant torque and the starting power is 30 watts.

In Top Excite this workout is at constant torque and the effort level is 5.

In Step Excite the effort level is 1; in Cardio Wave Excite the effort level is 3. In both the workout is at constant speed.

In Run Excite the gradient is 0 and the speed is 0.8 km/h.

# Weight loss workout

The aim of the Weight loss workout is to burn the maximum amount of calories in the time available. The time, therefore, which determines the length of the exercise is one of the parameters that must be inserted.

The total duration must not be less than 10 minutes, as the first minutes of the exercise are needed to calculate the user's training heart rate and process the parameters of the actual exercise.

The Weight loss workout is in two stages: a first processing stage at constant heart rate; and a second stage with the actual exercise. And so, the heart rate monitor is needed, at least during the first stage. If there is no heart rate signal for 100 consecutive seconds, the exercise is ended.

The Weight Loss workout is not available on Top Excite.

# Constant heart rate workout (CPR)

A constant heart rate workout is very important in situations where specific heart rate levels have to be maintained. In constant heart rate workouts the exercise load is automatically adjusted to take the heart rate to the preselected level and keep it constant throughout the entire exercise.

The user inserts the heart rate value that must be maintained during the exercise when he programs the exercise.

The length of the workout is defined on the basis of one of three goals: time, distance or calorie consumption.

The heart rate monitor is needed for the constant heart rate workout. If there is no heart rate signal for 100 consecutive seconds, the following message is displayed:

Attention: the heart rate  
is not detected!

followed by the message:

Heart Rate driven exercise  
cannot be continued.

Do you want to complete  
the minutes set?

Vuoi continuare a percorrere  
the distance set?

Do you want to burn  
the calories set?

Press **YES** to continue the exercise, which becomes a goal driven exercise and no longer at constant heart rate; press **NO** to finish the workout.

# Training zone workout

The Training zone workout is performed at constant heart rate; the training heart rate is determined by the user's fitness level, who must select the workout intensity: light, moderate or hard.

The heart rate monitor is needed for the constant heart rate workout. If there is no heart rate signal for 100 consecutive seconds, the following message is displayed:

Attention: the heart rate  
is not detected!

followed by the message:

Heart Rate driven exercise  
cannot be continued.  
Do you want to complete  
the minutes set?

Press **YES** to continue the exercise, which becomes a time driven exercise and no longer at constant heart rate; press **NO** to finish the workout.

# Preset profiles

The Preset profiles are variable workouts defined on the basis of one of three goals: time, distance or calorie consumption. The goal value is set when programming the exercise and it can be changed during the exercise with the relative keys.

Profile workouts are set at the effort level specified by the user, calculated with the fitness test; you are advised, therefore, to do the fitness test first.



## DANGER

You are advised not to perform the exercise at a higher effort level than that indicated by the fitness test.

The heart rate monitor is not needed for preset profiles workouts.

After pressing the Preset profiles key the graph of the profiles available is displayed in the selection page.

Every column of the graph corresponds to a step, that is a change in the load.

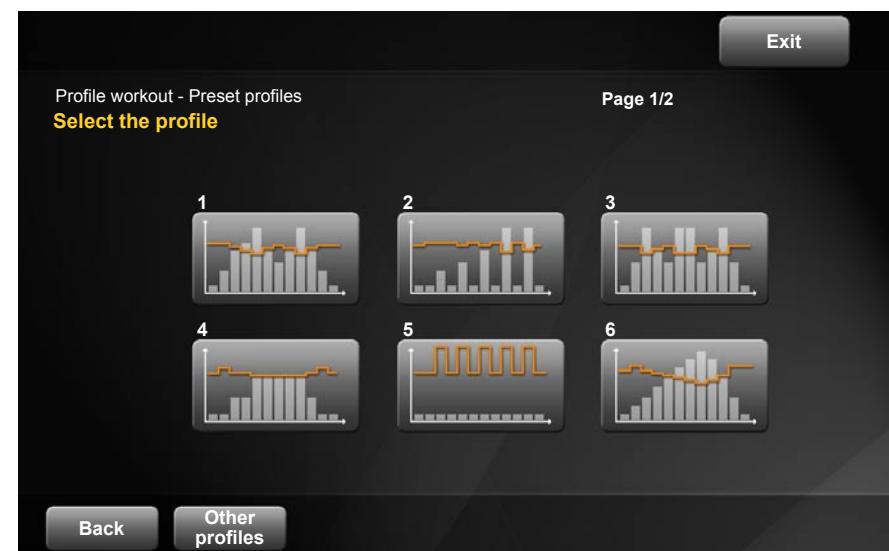
The height of the columns is proportional to the load set.

As described below, 12 other profiles can be memorised, which will be added to the Technogym preset profiles; to view the graph of these profiles press the **Other profiles** key.

The additional profiles can be at external load (for example speed and gradient or power), like the Technogym profiles, or at constant heart rate; for the second option, when the profile is selected, you are prompted to wear the heart rate monitor.

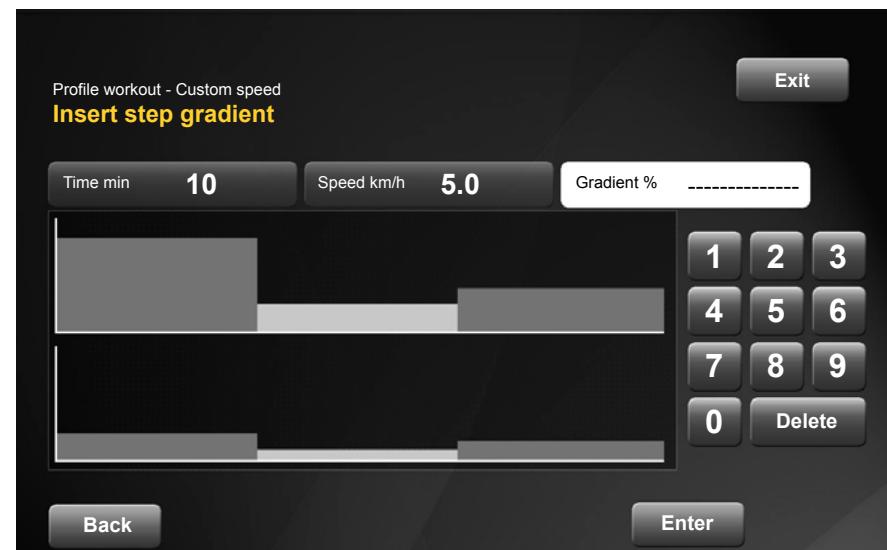
During the exercise the graph that describes the profile remains displayed at the centre of the screen; at each new step, which is represented by a column, a message describes the load.

If the load or the goal value are changed during the exercise, the change will apply to the parameters of the remaining profile and not to the single step in progress.



# Custom profiles

The Custom profiles are multiple step workouts, up to a maximum of 30 steps. The load and duration are defined when programming each step. The duration is defined by the time or the distance covered. The goal value is set when programming the exercise and it can be changed during the exercise with the relative keys.



After the goal, time or distance, and entering the personal data, the following loads must be set:

<b>Custom speed</b>	speed and gradient	Run Excite
<b>Custom pace</b>	pace and gradient	Run Excite
<b>Custom</b>	power	Bike, Recline, Vario and Synchro Excite
<b>Custom</b>	speed	Step and Wave Excite
<b>Custom power</b>	power	Top Excite
<b>Custom speed</b>	speed	Top Excite

The profile graph is displayed at the centre of the screen; every column of the graph corresponds to a step, that is a change in the load.

The height of the columns is proportional to the load set.

## Custom profiles

---

Press **Add step** to continue programming and define other steps.

Press **Back** to change the value set previously.

Press **Start** to start the exercise.

During the exercise the graph remains displayed at the centre of the screen; at each new step a message describes the load.

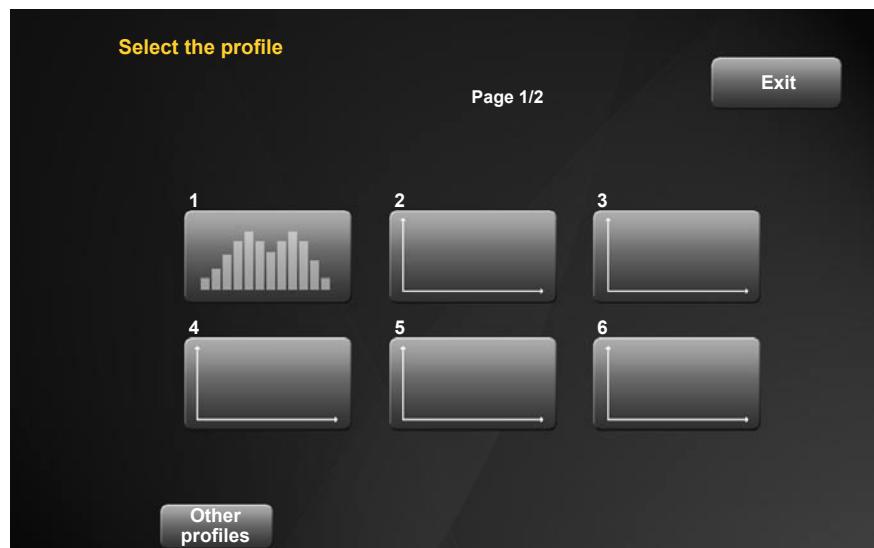
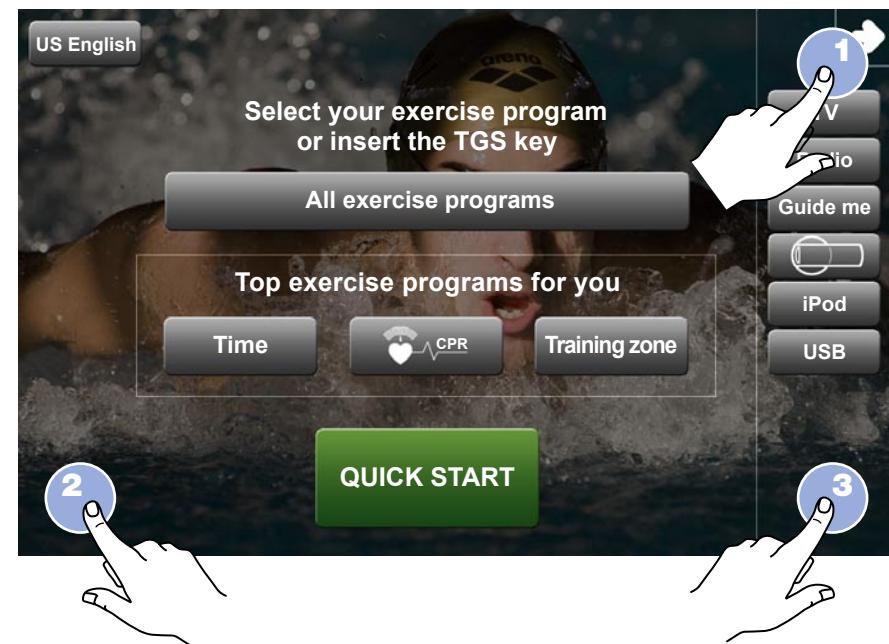
If the load is changed during the exercise, the change will apply only to the single step in progress.

# Programming the Preset profiles

12 other profiles, as well as the Technogym profiles, can be added to the Preset profiles and memorised for the user.

The additional profiles can be at external load (for example speed and gradient or power), like the Technogym profiles, or at constant heart rate.

To go to the custom profiles management page in the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence. Then insert the **2 4 1 2** password with the numbers keypad, and press Enter to confirm.



Select the profile to be memorised. If a previously memorised profile is selected, for example the first key of the illustration, it will be overwritten.

## Programming the Preset profiles

Define the type of profile:

- at constant heart rate or at external load;
- with goal in time or distance;
- running or walking (for Run Excite at constant heart rate).

Then program the single steps: the parameters, which differ according to the type of profile selected and equipment, must be set for each step.

Equipment	NON CPR Profile	Profilo CPR
Excite Line	goal value (duration or distance)	goal value (duration or distance)
Run Excite	speed and gradient	% of the theoretical max HR value
Bike, Recline, Top, Vario and Synchro Excite	power	% of the theoretical max HR value
Step and Cardio Wave Excite	speed	% of the theoretical max HR value

The percentage of the theoretical maximum heart rate value is inserted because the user is unknown as well as the maximum heart rate of the person performing the exercise. This percentage, applied to the user's max HR, provides the heart rate value that must be kept constant during the exercise, specifically for the user that has selected the profile and inserted his age.

## Programming the Preset profiles

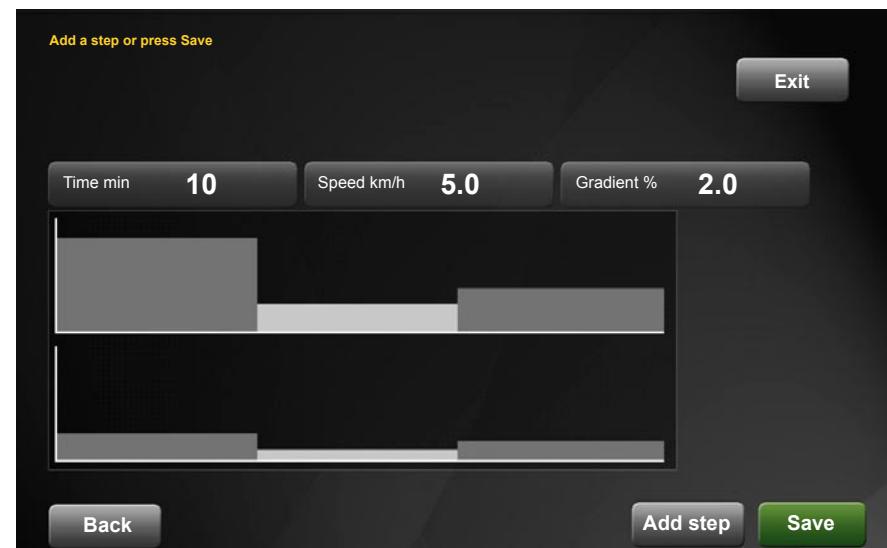
The profile graph is displayed at the centre of the screen; every column of the graph corresponds to a step, that is a change in the load.

The height of the columns is proportional to the load set.

Press **Add step** to continue programming and define other steps.

Press **Save** to memorise the profile.

The new memorised profile is now available together with the other 6 Technogym preset profiles.



# Interval training

Interval training lets you workout by repeating preset work blocks, each one consisting of a high intensity effort stage followed by a low intensity recovery period.

The work loads are set in the programming stage and can be changed during the exercise with the corresponding keys.

When programming the interval training, you must set the following parameters:

Warmup	time (minutes)	pace (min/km)
--------	----------------	---------------

then, for each Block:

Effort	distance (km)	pace (min/km)	gradient (%)
Recovery	time (minutes)	pace (min/km)	gradient (%)

The workout graph is displayed at the centre of the screen; every column of the graph corresponds to a step, that is a change in the load.

The height of the columns is proportional to the load set.

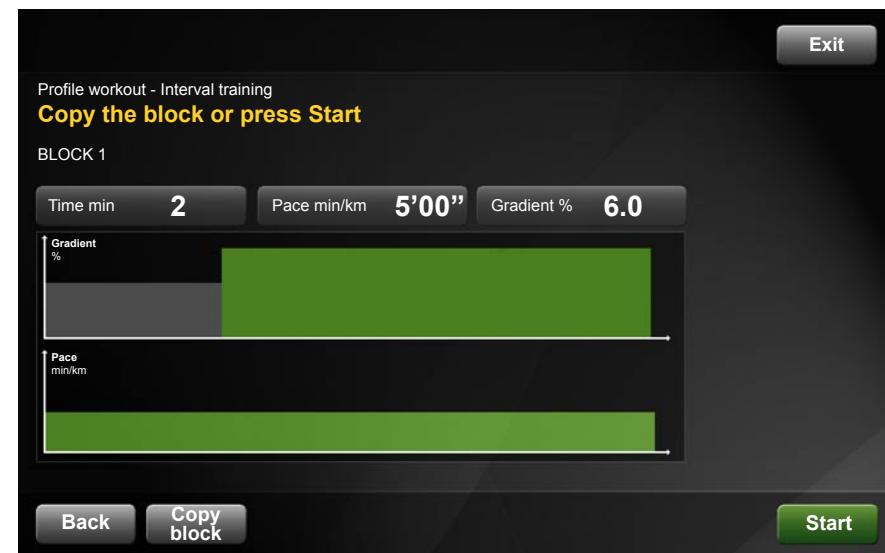
Press **Copy block**, to enter an effort and a recovery identical to the two last that have been previously entered, highlighted in the graph in green.

Press **Delete block**, to delete the last effort and the last recovery entered, highlighted in the graph by in green.

Press **Start** to end the programming stage and start the exercise.

During the exercise the graph remains displayed at the centre of the screen; at each new step, a message describes the pace.

If the load is changed during the exercise, the change will apply only to the single step in progress.



# Fitness test

The fitness test is a sub-maximal test suitable for quite unfit or moderately fit user.

You need to wear the heart rate monitor to perform the test; if there is no heart rate signal the exercise does not start.

The fitness test is in three stages:

- 1) a 90 second **warm-up** stage:
  - with gradient at 0% and speed at 3.5 km/h on Run Excite
  - at 50 watts on Bike, Recline and Synchro Excite
  - at 50 spm on Step Excite
  - at 30 watts on Top Excite
  - at 60 spm on Cardio Wave Excite
- 2) a **test** stage of about 3 minutes, once the heart rate required is reached, at constant heart rate (step 1).

Step 1:

heart rate = 160 beats/min

- 3) a subsequent **test** stage in constant heart rate mode at 75% (70% in Top Excite) of the maximum theoretical heart rate (step 2); this stage lasts for about 4 minutes once the heart rate required is reached.

Step 2:

heart rate = 180 beats/min

## Fitness test

The graphs in the centre of the screen show the heart rate progression and the workout effort until all the test time expires.

The test cannot be interrupted for a pause.

When the **STOP** key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

At the end of the test the effort level decreases for the cool down, during which the results are displayed, which vary according to the type of equipment:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10
Max reached speed	spm	120
Maximum power	watt	300

If the test has been performed without the TGS key, the results cannot be saved.

# Custom maximal test on Top

The maximal test is for very fit users.

The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

In the custom maximal test the loads are set by the user: the starting power, the power increase between one step and the next, the duration of each step.

There is no specific warm up stage; therefore you are advised to set the first step or steps with appropriate loads or to warm up for a few minutes before the test.

The test ends for exhaustion when the **STOP** key or the emergency stop key are pressed; then the effort level decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Maximum power	watt	175

If the **STOP** key is pressed before 70% of the maximum heart rate is reached or before 60 seconds, the test is cancelled, then ends without giving any result.

If the test has been performed without the TGS key, the results cannot be saved.

If during the test there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

# Wingate test

The Wingate test is a maximal test for any category of user. It is available on Top Excite.

The heart rate monitor is recommended: if it is not worn, the maximum heart rate value cannot be calculated.

The Wingate test is performed at a constant torque and requires entry of the resistance.

Considering the maximum effort required, it is important that the test is preceded by a correct warm up lasting at least 10 minutes, and that it is followed by a cool down stage.

GO!

Go as fast as possible for 30 seconds

When the start message is displayed, accompanied by a beep, the user must go at maximum speed, for 30 seconds.

At the end of the test, during the cool down, the results are displayed:

Maximum power	watt	175
Relative maximum power	watt/kg	4.0
Average power	watt	150
Relative average power	watt/kg	3.3
Fatigue ratio	%	58

Only the **STOP** key is enabled, for cancelling the test.

# The Run 900 tests

There are three categories of tests available in Run Excite 900: submaximal, maximal and military.

If the tests are not performed with the TGS key, the results cannot be saved.

The test cannot be interrupted for a pause.

## Maximal tests

1. Technogym maximal test
2. Custom maximal test
3. Bruce test
4. Bruce modified test
5. Naughton test
6. Balke & Ware test
7. Astrand modified test
8. Costill & Fox test

The heart rate monitor is recommended for maximal tests: if it is not worn, the maximum heart rate value cannot be calculated.

Subject to all medical-sports precautions, maximal tests are considered concluded when the **STOP** key is pressed.

In tests with a maximum number of steps, the test ends if **STOP** is not pressed before the end of the last step.

A 3 minute cool down follows, with loads lower than those during the test.

# The Run 900 tests

## Technogym maximal test

The maximal test is a test to exhaustion suitable for a fit user.

You need to wear the heart rate monitor to perform the test; if there is no heart rate signal the exercise does not start.

To perform this test the maximum heart rate is required as well as age, weight and gender; however if you don't know your max heart rate you can continue without inserting it. In this case a maximum theoretical HR will apply.

The maximal test is performed in running mode and is in two stages:

- 1) a 15 minute **warm-up** stage at constant heart rate: 5 minutes at 65% of the maximum heart rate; 5 minutes at 70% of the maximum heart rate; 5 minutes at 75% of the maximum heart rate;
- 2) a **test stage, not** in CPR mode, with increases in speed every minute.

The graphs in the centre of the screen show the heart rate progression and the workout effort until all the test time expires.

The test ends for exhaustion when the **STOP** key or the emergency stop key are pressed; then the effort level decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Max reached speed	km/h	5.5
Anaerobic heart rate	beats/min	115
Anaerobic speed	km/h	10.5

## The Run 900 tests

If during the test there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

If the **STOP** key is pressed before having reached 85% of the maximum heart rate or before 60 seconds have elapsed, the test is cancelled, then it ends without giving any result.

## Custom maximal test

The custom maximal test is for very fit users.

In the custom maximal test the loads are set by the user: starting speed, speed increase between one step and the next and the single step duration.

There is no specific warm up stage; therefore you are advised to set the first step or steps with appropriate loads or to warm up for a few minutes before the test.

The test ends for exhaustion when the **STOP** key or the emergency stop key are pressed; then the effort level decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max reached speed	km/h	5.5
Anaerobic heart rate	beats/min	115
Anaerobic speed	km/h	10.5

# The Run 900 tests

## Bruce test

The Bruce test is for any category of user.

There is no specific warm up stage for the Bruce test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	3 min	2.7 km/h	10%
2	3 min	4.0 km/h	12%
3	3 min	5.5 km/h	14%
4	3 min	6.8 km/h	16%
5	3 min	8.0 km/h	18%

The test ends after 15 minutes or if the **STOP** key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

# The Run 900 tests

## Bruce modified test

The Bruce modified test is for any category of user, as well as high risk individuals.

There is no specific warm up stage for the Bruce modified test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	3 min	2.7 km/h	0%
2	3 min	2.7 km/h	5%
3	3 min	2.7 km/h	10%
4	3 min	4.0 km/h	12%
5	3 min	5.5 km/h	14%
6	3 min	6.8 km/h	16%
7	3 min	8.0 km/h	18%

The test ends after 21 minutes or if the **STOP** key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

## The Run 900 tests

### Naughton test

The Naughton test is specifically for the assessment of individuals with heart disease or at high risk.

There is no specific warm up stage for the Naughton test; you are advised to warm up for a few minutes before the test.

step	time	speed	gradient
1	2 min	1.6 km/h	0%
2	2 min	3.2 km/h	0%
3	2 min	3.2 km/h	3.5%
4	2 min	3.2 km/h	7%
5	2 min	3.2 km/h	10.5%
6	2 min	3.2 km/h	14%
7	2 min	3.2 km/h	17.5%

The test ends after 14 minutes or if the **STOP** key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

# The Run 900 tests

## Balke & Ware test

The Balke & Ware test is for any category of user.

There is no specific warm up stage for the Balke & Ware test; you are advised to warm up for a few minutes before the test. The loads of the effort stage are different for men and women, and are divided as indicated in the tables below.

Men			
step	time	speed	gradient
1	1 min	5.3 km/h	0%
2	1 min	5.3 km/h	2%
3	1 min	5.3 km/h	3%
4	1 min	5.3 km/h	4%
5	1 min	5.3 km/h	5%
6	1 min	5.3 km/h	6%
7	1 min	5.3 km/h	7%
8	1 min	5.3 km/h	8%
9	1 min	5.3 km/h	9%
10	1 min	5.3 km/h	10%
11	1 min	5.3 km/h	11%
12	1 min	5.3 km/h	12%
13	1 min	5.3 km/h	13%
14	1 min	5.3 km/h	14%
15	1 min	5.3 km/h	15%
16	1 min	5.3 km/h	16%
17	1 min	5.3 km/h	17%
18	1 min	5.3 km/h	18%

## The Run 900 tests

Women			
step	time	speed	gradient
1	3 min	4.8 km/h	0.0%
2	3 min	4.8 km/h	2.5%
3	3 min	4.8 km/h	5.0%
4	3 min	4.8 km/h	7.5%
5	3 min	4.8 km/h	10.0%
6	3 min	4.8 km/h	12.5%
7	3 min	4.8 km/h	15.0%
8	3 min	4.8 km/h	17.5%

The test ends after the last step or if the **STOP** key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

# The Run 900 tests

## Astrand modified test

The Astrand modified test is for very fit users.

In the Astrand modified test the speed is set by the user and the value must be between 8.0 and 13.0 km/h.

You are advised to warm up for 5 minutes before the test, with a walk or a light run.

step	time	speed (km/h)	gradient
1	3 min	set by the user	0.0%
2	2 min	set by the user	2.5%
3	2 min	set by the user	5.0%
4	2 min	set by the user	7.5%
5	2 min	set by the user	10.0%
6	2 min	set by the user	12.5%
7	2 min	set by the user	15.0%
8	2 min	set by the user	17.5%

The test ends after 17 minutes or if the **STOP** key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

## The Run 900 tests

### Costill & Fox test

The Costill & Fox test is for very fit users.

You are advised to warm up for 10 minutes before the test, with a walk or a light run.

step	time	speed	gradient
1	2 min	14.3	0%
2	2 min	14.3	2%
3	2 min	14.3	4%
4	2 min	14.3	6%
5	2 min	14.3	8%
6	2 min	14.3	10%
7	2 min	14.3	12%
8	2 min	14.3	14%
9	2 min	14.3	16%
10	2 min	14.3	18%

The test ends after 20 minutes or if the **STOP** key is pressed; then the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0

# The Run 900 tests

## Submaximal tests

1. Fitness test (see above)
2. Single stage model
3. Multistage model

You need to wear the chest band to perform the submaximal tests.

If there is no heart rate signal for 100 consecutive seconds the test is cancelled, then it ends without giving any result.  
At the end of the test there is a 1 minute cooling down stage at an effort level half that of the test stage.

## Single stage model

This is a single-point submaximal protocol, in which the load is set by the user.

The single stage model includes a 90 second warm up, at half the set speed and gradient of 0%; followed by a 5 minute effort stage.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10

When the **STOP** key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

### Multistage model

This is a two-point submaximal protocol, in which the mode and the load for each of the two steps is set by the user. For the run, the minimum speed that can be set is 7.0 km/h; for the walk, the maximum speed that can be set is 6.9 km/h. The minimum load for the second step is given by the value set for the first step.

The multistage model includes a 90 second warm up, with gradient 0% and half the speed set for the first step; followed by two effort stages, each lasting 4 minutes.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10

When the **STOP** key is pressed, or if there is no heart rate signal for 100 consecutive seconds, the test is cancelled, then it ends without giving any result.

# The Run 900 tests

## Military tests

1. Air Force PRT
2. Navy PRT
3. Army PFT
4. Marine corps PFT
5. Federal Law Enforcement PEB
6. Gerkin Protocol

Apart from the Gerkin Protocol, which lasts 11 minutes, all the other military tests have a distance as a goal, to be covered in the least amount of time possible.

During the tests the Goal keys and the keys for changing the gradient are not enabled. The keys for changing the speed are enabled during the effort stage.

At the end of test there is a 3 minute cooling down stage with half the speed of the last effort step and gradient 0%.

## Air Force PRT test

The Air Force PRT test requires the user to cover **2.4 km**, with gradient 1%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the **STOP** key is pressed the test is cancelled, then it ends without giving any result.

## The Run 900 tests

### Navy PRT test

The Navy PRT test requires the user to cover **2.4 km**, with gradient 1%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

Furthermore you are requested to specify if the test is performed at an altitude below or above 1525 metres (5000 ft) to calculate the results.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00
Category		good
Level		high

When the **STOP** key is pressed the test is cancelled, then it ends without giving any result.

### Army PFT test

The Army PFT test requires the user to cover **3.2 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the **STOP** key is pressed the test is cancelled, then it ends without giving any result.

### Marine Corps PFT test

The Marine Corps PFT test requires the user to cover **4.8 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

Furthermore you are requested to specify if the test is performed at an altitude below or above 1370 metres (4500 ft) to calculate the results.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the **STOP** key is pressed the test is cancelled, then it ends without giving any result.

### PEB (Federal Law Enforcement) test

The PEB test requires the user to cover **2.4 km**, with gradient 0%, in the shortest possible time.

The starting speed is set by the user. During the test the speed edit keys are enabled.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Test duration	min:sec	10:20
Points		45.00

When the **STOP** key is pressed the test is cancelled, then it ends without giving any result.

# The Run 900 tests

## Gerkin Protocol

The Gerkin Protocol includes a 3 minute warm up stage.

step	time	speed	gradient
warm up	3 min	4.8 km/h	0%
1	1 min	7.2 km/h	0%
2	1 min	7.2 km/h	2%
3	1 min	8.0 km/h	2%
4	1 min	8.0 km/h	4%
5	1 min	8.8 km/h	4%
6	1 min	8.8 km/h	6%
7	1 min	9.6 km/h	6%
8	1 min	9.6 km/h	8%
9	1 min	10.4 km/h	8%
10	1 min	10.4 km/h	10%
11	1 min	11.2 km/h	10%

The test ends by exceeding 85% of the maximum theoretical heart rate; if the user exceeds 85% of the maximum theoretical heart rate, for 15" the loads remain the same, then the test ends.

The test ends if **STOP** is not pressed before the end of the last step.

At the end of the test the load decreases for the cool down, during which the results are displayed:

Maximum heart rate reached	beats/min	180
Absolute max V02	l/min	10.03
Relative max V02	ml/kg/min	5.0
Max mets	mets	15.0
Effort level recommended for training		10

# Cool down

At the end of each workout, if it lasted at least one minute, there is a cooling down stage, at half the load of the exercise just completed.

The loads can be modified with the corresponding keys, like during the exercise.

During the cool down only the **STOP** key is active, to go to the Home Page.

The workout results, which vary according to the type of equipment and exercise, are displayed:

Exercise duration	min:sec	30:20
Distance covered	km	5.0
Calories burned	kcal	150
Calories per hour	kcal/h	300
Average speed	km/h	10.5
Average gradient	%	7.5
Average pace	min/km	6:15
Average power	watt	180

and if the heart rate monitor has been used for at least 3 minutes during the exercise:

Max heart rate	beats/min	150
Average heart rate	beats/min	120
Performance Index	PI	10

During the cool down you can insert the TGS key in the reader to save the results of the exercise just ended.

In Run and Jog Excite you can start the cool down at any time with the Cool Down key.

# Performance Index

The performance index (PI) was invented by Technogym to give a concise and easily comparable assessment of performance in a workout.

To have your performance index shown with the other results at the end of the exercise, in any kind of workout, simply use the heart rate monitor for at least 3 minutes.

Performance Index

PI

10

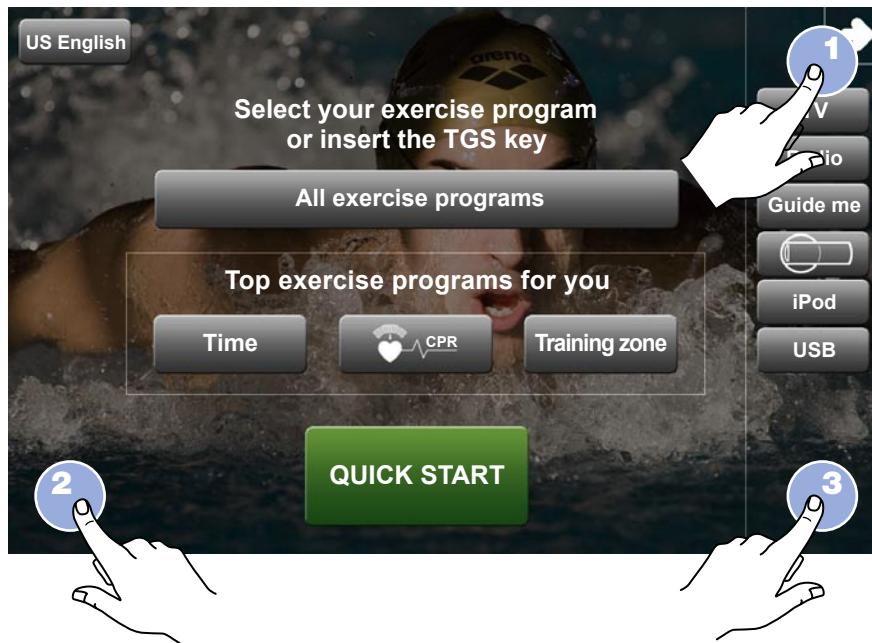
The index is based on a rating scale ranging from 0 to 99. The higher the rating, the greater your aerobic capacity.

If your performance index increases, this means that you are exercising more intensely without increasing your heart rate.

The criteria used to calculate the performance index makes it possible to compare tests taken by people of different ages. In any case you are advised to compare results of different tests by the same person, or different people, working out at the same intensity for the same time.

PI value	Rating
under 10	Improvable
from 11 to 20	Fair
from 21 to 30	Very good
from 31 to 40	Excellent
over 40	Superb

# The configuration menu



To customise the software configuration in the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2 4 0 6 password** with the numbers keypad, then press **Enter**. If the password inserted is incorrect, the software goes back to the Home Page.

The configuration parameters are divided in three pages, which are opened with the corresponding keys:

International  
Setup

Training setup

Entertainment setup

To exit the configuration menu press **Exit**.

Pressing Exit in any page, all changes made up to that moment are saved; you cannot exit without saving.

In case of errors the initial Technogym settings can be restored with **default configuration**

In the single pages, press the key with the desired option, to set it.

The keys of the options selected are lit.

# International Setup

LANGUAGE  
FIXED

LANGUAGE  
OPTIONAL

If the language is fixed, all the messages are in the language set in this configuration menu; if the language is optional, it can be changed in the Home Page.

## LANGUAGE

To select the message language from the list press the relative key.

## OTHER LANGUAGE

If other language is selected, the selected language is present in the Home Page with a key, on the top left, which allows users to quickly change the interface language.

The other language can be selected only with the **language fixed** option.

Measure  
km

Measure  
miles

To select the unit of measurement: either kilometres and kilograms (KM); or miles and pounds (MILES).

# Training setup

## TOP EXERCISE PROGRAMS FOR YOU

In the Home Page, in the top exercises section, there are always two keys to start the exercise goal in time and the exercise goal in calories.

You can add two more exercises, that can be started directly from the home page.

In Recline there are already 3 exercises, so only one can be added. In Top all 4 are assigned. The table indicates which exercises are always present in each equipment and, therefore, how many can be added from this configuration page, to reach 4 exercises.

	Key 1	Key 2	Key 3	Key 4
Run 900	Time	Calories	Interval training	optional
Run 700	Time	Calories		optional
Jog	Time	Calories		optional
Bike	Time	Calories		optional
Recline	Time	Calories	Warm up	optional
Step	Time	Calories		optional
Synchro	Time	Calories		optional
Top	Time	Calories	Weight loss	Cruise control
Vario	Time	Calories		optional
Wave	Time	Calories		optional

## Training setup

Ready To Run (0-5)

1

Present in Jog Excite to set how many minutes before the end of the exercise the warning light on the side handgrips switches on, to indicate that the equipment will soon be available.

Press this key to modify the value; insert the number of minutes with the numbers keypad, then press Enter to confirm the value entered.

User present (0-25.0 km/h)

5.0

Present in Run Excite.

Press this key to modify the speed at which the user present function is activated.

Insert the number of km/h with the numbers keypad, then press Enter to confirm the value entered.

To disable the function insert a value between **0** and **3**.

If the function is active a user present control is performed at the speed set; if no user is detected for a minute, the equipment stops and the exercise ends. In any case the function is not activated if the user weight, inserted when setting the exercise, is less than 50 kg.

Max time (1-9999)

9999

With this function all exercises are automatically interrupted when they reach the set time; for example, if a max time of 30 minutes has been set and an exercise is started with the QUICK START key, the workout ends after 30 minutes.

This does not apply to exercises memorised on the TGS key.

Press this key to modify the maximum time for all the exercises. Insert the number of minutes with the numbers keypad, then press Enter to confirm the value entered.

## Training setup

Pause time (10-99)

60

Press this key to modify the maximum pause time, after which the exercise interrupted temporarily is ended.  
Insert the number of seconds with the numbers keypad, then press Enter to confirm the value entered.

Cooldown time (5-180)

60

Press this key to modify the cooldown time, from 5 to 180 seconds.  
Insert the number of seconds with the numbers keypad, then press Enter to confirm the value entered.  
Whatever duration has been set, the results of the workout scroll completely.

Warm up time (2-10)

10

Present in Top Excite

In Top Excite, to modify the duration of the WARM UP, up to a maximum of 10 minutes.  
Insert the number of minutes with the numbers keypad, then press Enter to confirm the value entered.

Up/down  
enabled

Up/down  
disabled

In Run Excite, to enable or disable the treadmill gradient.

## Training setup

Lubricated

YES

In Step Excite, to confirm that the chains have been lubricated.

W-System  
enabled

W-System  
disabled

Press the **enabled** option if the Wellness System is present in the club, with a database. If the Wellness System is present, you cannot change the personal data and the training program directly with Visio, in order not to create conflicts with the database.

If the Wellness System is **disabled**, the TGS key is assigned to the user directly with Visio; the personal data and the training program remain written in the TGS key.

Workout  
modifiable

Workout  
not modifiable

Enables you to change the contents of the training program.

If the workout is modifiable you can save the exercises performed in the TGS key as a training program, or delete the contents of the TGS key to perform a free workout.

You can change the workout only if the Wellness System is not enabled.

Exercise  
modifiable

Exercise  
not modifiable

If the exercise is modifiable you can change the workloads and the duration in the TGS key.

You can change the exercise only if the Wellness System is not enabled.

## Training setup

Heart rate  
modifiable

Heart rate  
not modifiable

To enable (modifiable) the keys used to change the constant heart rate during exercises performed in CPR mode. If not modifiable is selected, the target heart rate cannot be changed during the exercise.

Keys  
enabled

Keys  
disabled

Enable the keys to start the exercises with the touch screen. If the function keys are disabled, the equipment can only be used with the TGS key.

TGS key  
enabled

TGS key  
disabled

To be able to use the equipment with the TGS key. If the TGS key is disabled the equipment can only be used with the touch screen.

# Entertainment setup

Display in the workouts  
SMALL

Display in the workouts  
LARGE

To set the display size of the data relative to the exercise in progress; the large mode occupies the whole screen, therefore the TV cannot be seen.

The user can change the mode at any time with the relative key  during the exercise.

Standby  
TV on

Standby  
TV off

Press the **TV on option**, if you want the TV to always be on; press **TV off**, if you want the TV to be off. In any case the TV can be turned on and off by the user with the relative keys during the exercise.

Screensaver minutes (1-360) 10

Press this key to set the maximum time that a page is displayed without any changes or interventions; for example, if when setting an exercise the user does not insert any datum nor touch any key for the time set, the page closes and the Home Page is displayed. Insert the number of minutes with the numbers keypad, then press Enter to confirm the value entered.

Standby channel 1

If the TV has been configured to stay on during standby, press this key to set the TV channel to be shown during stand by. Insert the channel number with the numbers keypad, then press Enter to confirm the value entered.

## Entertainment setup

### DEFAULT CONFIGURATION

Press this key to restore all the configuration menu settings to the time of purchase.

Club  
enabled

Club  
disabled

To enable or disable the Club area.

Games  
enabled

Games  
disabled

To enable or disable the Games area.

iPod  
enabled

iPod  
disabled

To enable or disable the iPod connection.

Radio  
enabled

Radio  
disabled

To enable or disable the radio.

## Entertainment setup

### Update logo

Press this key to insert a logo in the standby and in the Club area.

The logo must be in the PNG format, with the name logo.png. The file must be in the root folder of the USB key.

### TV STANDARD

To select the TV standard, from the ones in the list, press the relative key.

# Calibrating the touch screen

You should calibrate the touch screen immediately after installation and each time you press a key and the event described in the manual does not occur, giving a result different to that expected.

In the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2 4 0 9 password** with the numbers keypad, then press Enter.

If the password inserted is incorrect, the software goes back to the Home Page.

The page displays the following message:

Pls Touch the Blinking Symbol until Beep or Stop Blinking!

and an X-shaped symbol appears 4 times, in four different positions of the screen; press the centre of the symbol each time in the different positions, until the red X turns green.

# Plug & Train and the TGS key

The TGS key contains the personal data and the exercise parameters in its memory, so that they don't have to be inserted each time.

The personal data and the training program can be recorded on the TGS key with the Wellness System; or, if it is not present, directly with Visio.

You can also record the language on the TGS key: when the TGS key is inserted, the language specified in the user's personal data will always be used.

With the TGS key you can quickly start the exercise; you can consult the personal data and the training program; you can check the workout results.

The TGS key enables the keys, if they have been disabled in the configuration menu. Therefore all the Visio functions are always available with the TGS key.



Press the key with the TGS key logo on the top right hand side of the screen to pass to the Wellness System mode.

The Visio Wellness System mode must not be confused with the Wellness System program; it is always present in the Plug & Train, even if the Wellness System is not installed in the club.

## Plug & Train and the TGS key



In the Wellness System mode there are the keys to manage the Personal Data, the Ratings and the Results.

Press the **Home** key to go back to the Plug & Train home page, which displays the training program.

Press the **Exit** key or the key with the TGS key logo to exit Plug & Train. This last key is present if the TGS key is inserted; it is also used to enter Plug & Train.

The functions of the Plug & Train differ according to whether the Wellness System program is installed in the club.

The presence of the Wellness System program must be set in the configuration menu.

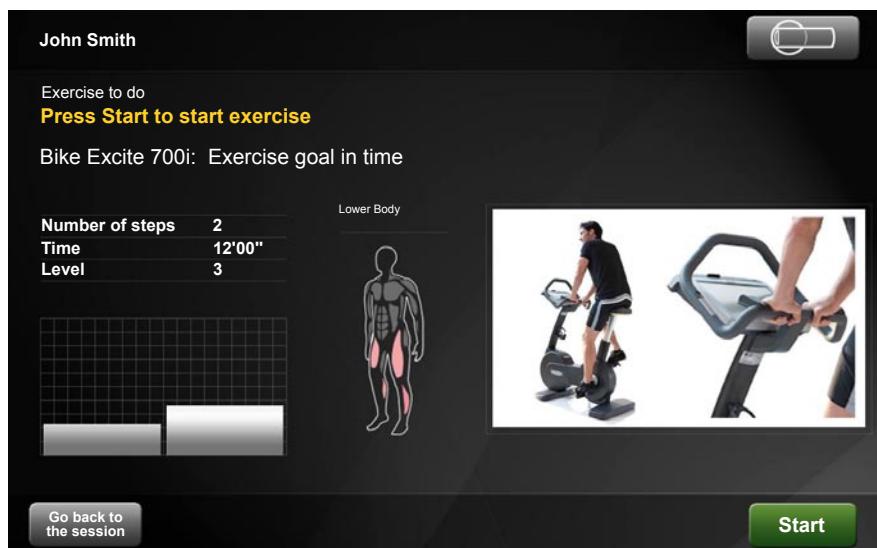
The Plug & Train functions for clubs with or without the Wellness System are described separately below.

# Plug & Train with the Wellness System

## Starting the exercise with the TGS key

At the Wellness Expert, load the workout session in the TGS key.

Insert the TGS key in Visio.



The exercise workload and duration, the muscles involved and a film on how to perform the movement correctly are shown on the screen.

Press **Start** to start the exercise.

Press the **Go back to the session** key to see the list of exercises in the workout session.

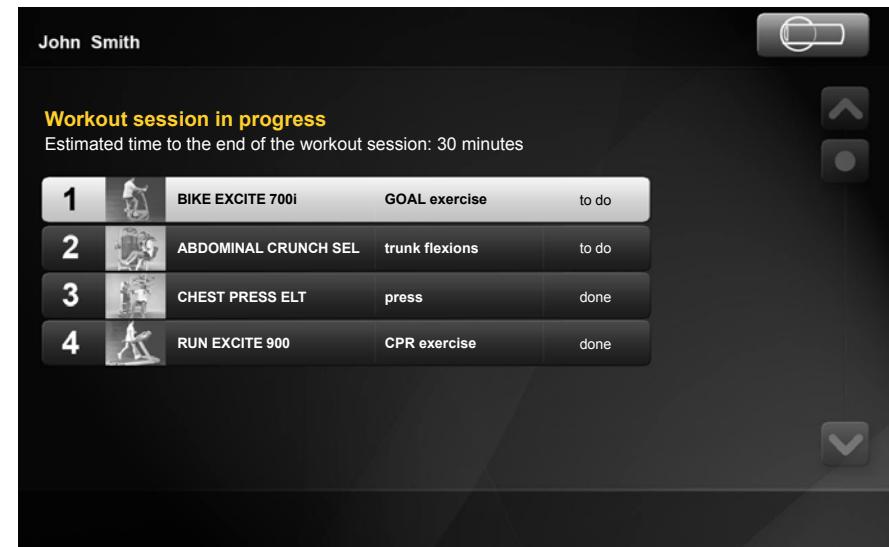
If the TGS key is inserted in a piece of equipment not in the training program, all the exercises in the workout session, both those done and those still to do, are listed.

Press the name of an exercise to see its characteristics, that is duration, workloads and muscles involved.

If the exercise is still to be done, a film shows the correct way of doing it.

In the Wellness System mode, accessed with the key with the TGS key logo, there is also the New exercise key and the percentage of work performed. Press the **New exercise** key to go back to the Visio home page and select one the exercises available.

At the end of the workout the results are saved in the TGS key and the exercise done is entered in the training program in progress.



## Plug & Train with the Wellness System



If in the TGS key there is a free workout, press the **New exercise** key, in the Wellness System mode.

You go to the Visio home page, to select one of the exercises available on the equipment.

At the end of the workout the results are saved in the TGS key and the exercise performed becomes part of the current training program.

You can also perform more than one exercise on the same piece of equipment.

## Seeing the contents of the training program

Insert the TGS key in Visio.

A page with the list of exercises in the training program opens.

Press the name of an exercise to see its characteristics, that is duration, workloads and muscles involved.

If the exercise is still to be done, a film shows the correct way of doing it.

If in the training program there is an exercise on the equipment in which the TGS key is inserted and the exercise has not been done yet, the page with the details of the exercise to perform and the key to start it, are displayed.

Press the **Go back to the session** key to see the list of exercises in the workout session.

If a free workout has been loaded in the TGS key, the list shows the exercises performed.

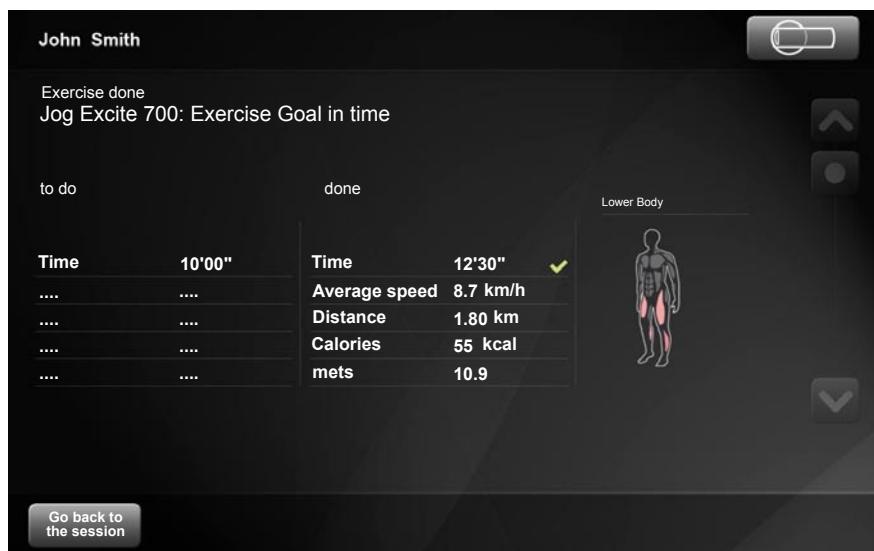


From any page of the Plug & Train in Wellness System mode, press the **Workout** key, then the **Workout in progress** key.

In the **List of sessions** there is always the session loaded on the TGS key.

To see the contents of the training program during the exercise, press the key with the TGS key logo in the right section of the screen.

## Seeing the results of the exercise and the session



Insert the TGS key in Visio.

In the list press an exercise that has already been performed, to see its results; both the work set in the training program and the work actually performed are indicated.

Press the key with the TGS key logo on the top right hand side of the screen to pass to the Wellness System mode.

In the Wellness System mode press the **Results** key or the key with the percentage of work performed.

If not all the exercises in the training program have been performed, the percentage of work performed is less than 100. The session is always **in progress**, even if all the exercises set have been performed, because it is possible to add new exercises. The session finishes when the data is uploaded to the Wellness Expert.

# Plug & Train with the Wellness System



The **done** column shows the sum of the results of the exercises performed.

The **to do** column shows the sum of the results achieved by performing all the exercises in the training program.

To see the results of each single exercise, press the **Go back to the session** key, to see the list of exercises in the workout session, as described above.

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train.

## Seeing the personal data

Insert the TGS key in Visio. A page with the details of the exercise to do or with the list of exercises opens.

Press the key with the TGS key logo on the top right, to pass to the Wellness System mode.

Press the **Personal data** key, on the top right.



The personal data, recorded in the TGS key, cannot be changed.

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train.

Press the **Home** key to go back to the Plug & Train home page.

## Seeing the ratings

Insert the TGS key in Visio. A page with the details of the exercise to do or with the list of exercises opens.

Press the key with the TGS key logo on the top right, to pass to the Wellness System mode.

Press the **Ratings** key.



A graph illustrates the physical condition in relation to body weight:

- Severe obesity
- Obese
- Overweight
- Normal
- Underweight

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train.  
Press the **Home** key to go back to the Plug & Train home page.

# Plug & Train with the Wellness System

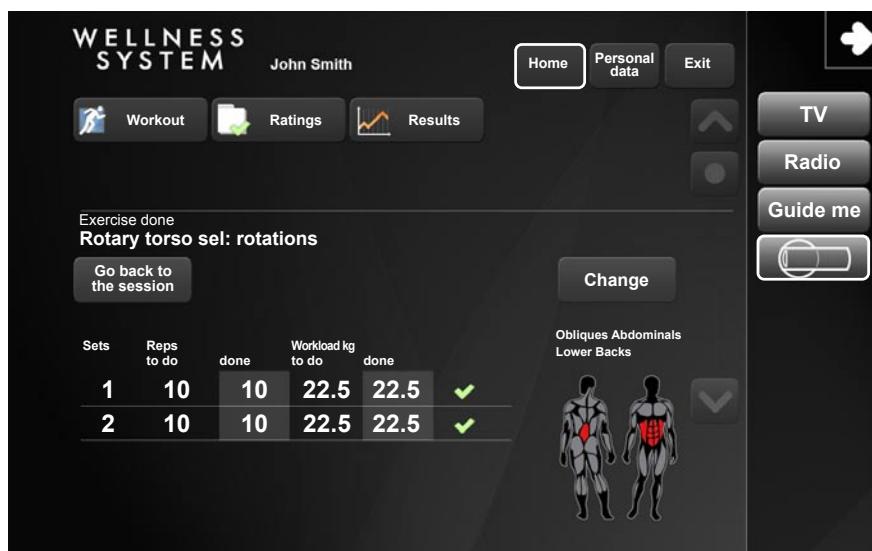
## The TGS key and the strength exercises

With Visio you can view the details of the strength exercises set in the training program and, after they have been performed, save the results.

Insert the TGS key in Visio, to see the list of exercises in the training program. If the page with the details of the exercise to perform is displayed, press the **Go back to the session** key.

Press on the name of the strength exercise to see its details.

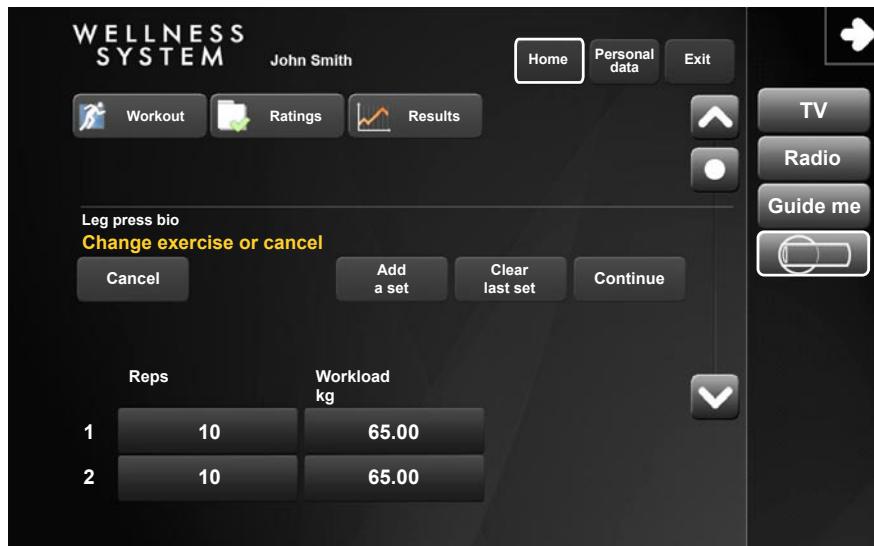
Press the **Declare done** key and pass to the Wellness System mode.



The table shows the workloads set in the training program. If the exercise has been done as set, press the **Go back to the session** key to see the list of exercises in the training program.

If the exercise has been done differently to how it was set, press the **Change** key.

## Plug & Train with the Wellness System



Press on the single value to display the keypad.

Press the **Add a set** key to insert a new set with the same workloads as the last set in the list.

Press the **Clear last set** key to clear the last set in the table not performed.

Once the changes have been performed, press the **Continue** key to save the data in the TGS key; a table listing all the changes compared to the training program is displayed.

In the new page press the **Go back to the session** key to go back to the list of exercises in the training program; now the strength exercise is set as **done**.

If there is more than one strength exercise in the training program, and all these exercises have been performed as set, you can save the results of all the exercises in one go.

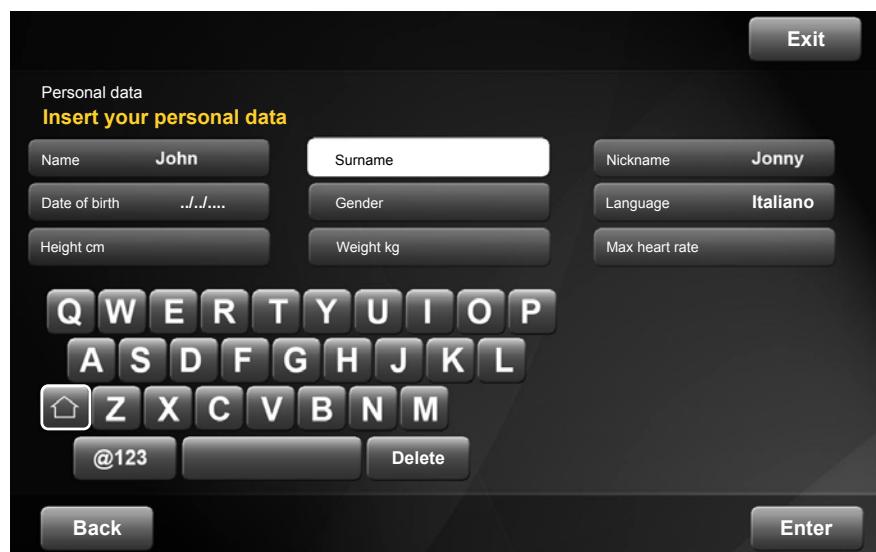
Open the page with the TGS key content in Wellness System mode and press the **Confirm all strength exercises** key. All the results are saved in the TGS key.

You can also change the workloads of a strength exercise that is marked as done.

# Plug & Train without the Wellness System

## Entering the personal data in the TGS key

If the TGS key is not assigned to a user, it won't allow a workout to be performed; therefore the personal data must be entered. Insert the TGS key in Visio; the data entry page opens automatically.



Either the numerical or the alphabetical keypad is displayed, according to the type of data to enter.

Press the **@123** key to pass to the numerical keypad; to go back to the alphabetical keypad press the **ABC** key.

Press the up arrow key for the upper case letters; press the same key again to go back to the lower case letters.

Press on the field to be filled, to activate it.

Press the **Delete** key to delete the character entered.

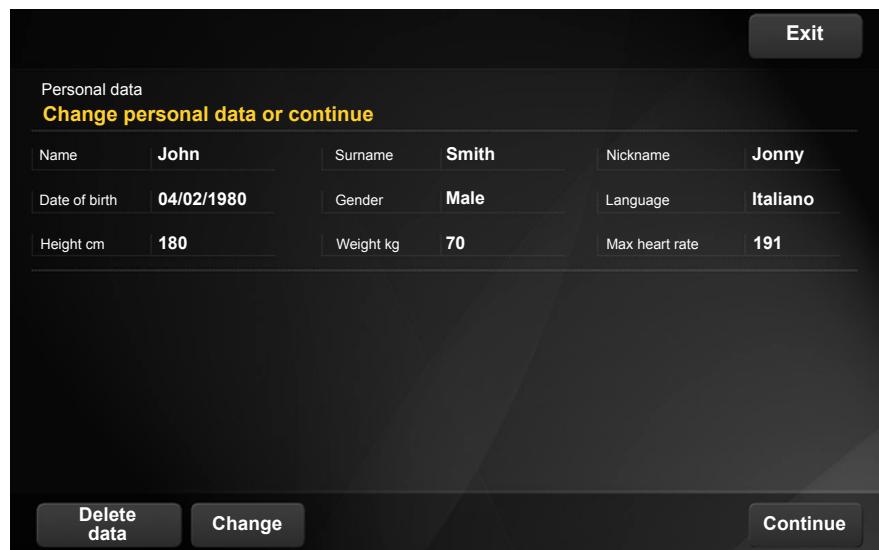
Press the **Back** key to go back through the fields.

Press the **Enter** key to save the value entered and go to the next field.

Press the **Enter** key from the **Max heart rate** field to save all the personal data entered and proceed.

## Plug & Train without the Wellness System

A summary page opens.



Press the **Change** key to change the personal data again.

Press the **Delete data** key to delete the entire content of the TGS key.

Press the **Continue** key to start the exercise and start a new workout session.

# Plug & Train without the Wellness System

## Change or delete the personal data in the TGS key

Insert the TGS key in Visio.

Press the key with the TGS key logo on the top right, to pass to the Wellness System mode.

In this new page press the **Personal data** key on the top right.



Press the **Delete data** key to delete the entire content of the TGS key, including the exercises done. This key is only present if the workout change is enabled (see the configuration menu).

Press the **Change** key to access the data entry page, as described above.

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train. Press the **Home** key to go to the Plug & Train home page.

The personal data can also be changed during an exercise.

## Starting the exercise with the TGS key: first session

Insert the TGS key in Visio.

If it is the first time that you are performing an exercise, the personal data has just been entered, press the **Start workout session** key. You can perform the exercises only if the session is in progress.

Press the **New exercise** key to go back to the Visio home page and select one of the exercises available.

At the end of the workout the results are saved in the TGS key and the exercise performed is entered in the training program in progress, which includes a **free workout**.

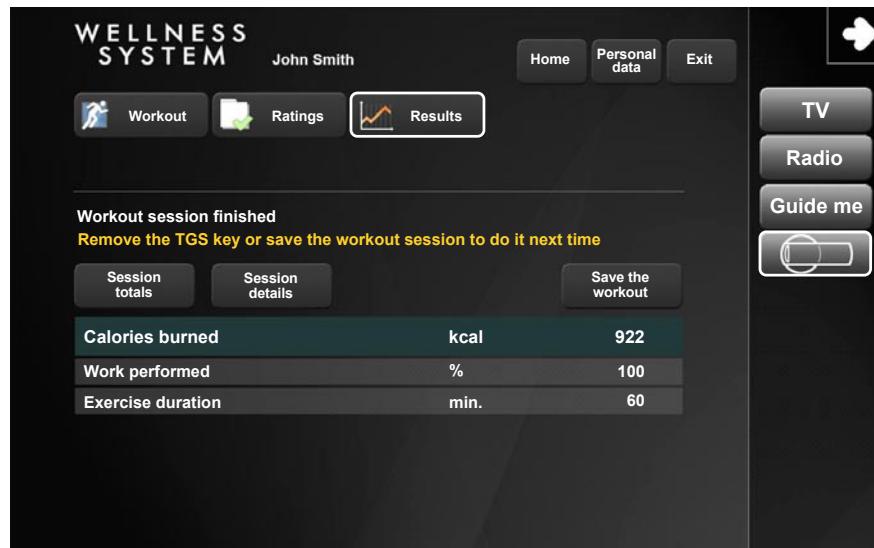


Insert the TGS key in another equipment or in the same one to perform another exercise; see the list of exercises performed. Press the **New exercise** key to go back to the Visio home page and select one of the exercises available.

If the session is in progress, that is the **Start workout session** key has been pressed already, you can also start an exercise directly from the Visio home page, and insert the TGS key during the workout. At the end of the exercise the results are saved.

Press the **End of workout session** key to close the current session: you will not be able to add other exercises. In fact the page with the results of the entire workout session is displayed.

## Plug & Train without the Wellness System



In the results page press the **Save the workout** key to record the list of exercises performed and repeat them in the next session.

If the session performed is saved, when you start a new session there will be the training program in the TGS key with the exercises performed in the previous session: workout session No. 1.

Press the **Home** key to go back to the Plug & Train home page, without saving the session.

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train, without saving the session.

If the session is not saved, all the data for the exercises performed is not saved. When you start the new session, in the TGS key there will be a free workout, as if it were the first session.

## Starting the exercise with the TGS key

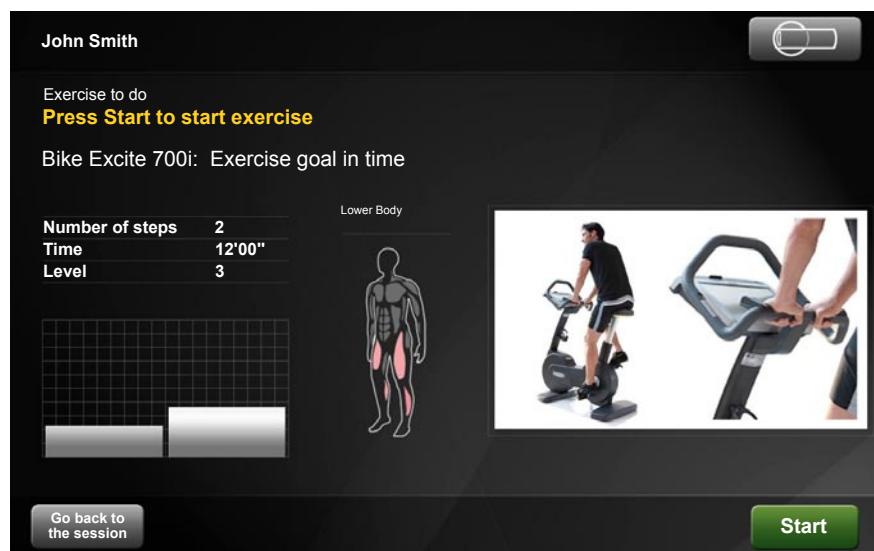
Insert the TGS key in Visio.

If the previous session was saved at the end of the session, the page with the list of exercises in the workout session No. 1 opens.

If the previous session was not saved at the end of the session, no exercise is shown.

In both cases press the **Start workout session** key.

If there is a free workout, press the **New exercise** key to go back to the Visio home page and select one of the exercises available, as described above for the first session.



If the session No.1 is present, and the equipment in which the TGS key is inserted is part of it, the exercise workload and duration, the muscles involved and a film on how to perform the movement correctly are shown on the screen.

Press **Start** to start the exercise.

Press the **Go back to the session** key to see to the list of exercises in the training program.

## Plug & Train without the Wellness System

If the session No.1 is present, and the equipment in which the TGS key is inserted is not part of it, all the exercises in the workout session are listed.

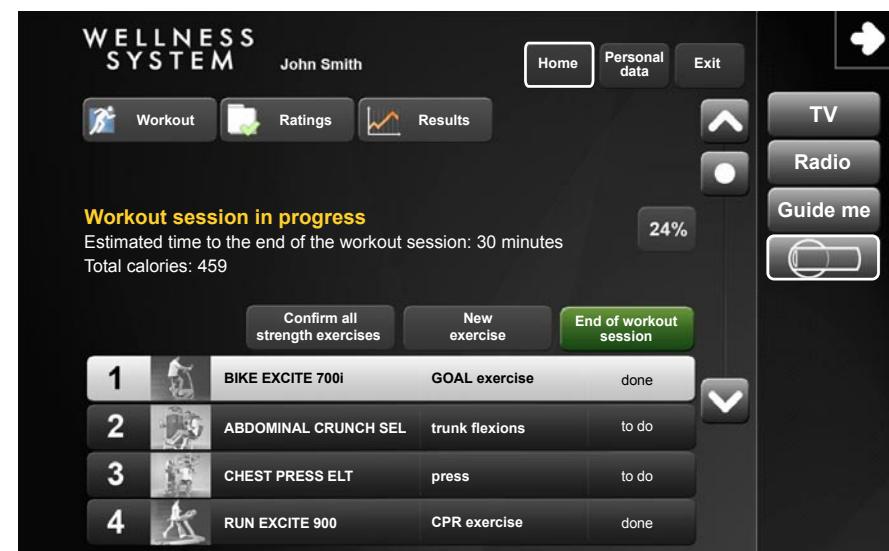
Press the name of an exercise to see its characteristics, that is duration, workloads and muscles involved.  
If the exercise is still to be performed, a film shows the correct way of doing it.

In the Wellness System mode, accessed with the key with the TGS key logo, there is also the **New exercise** key and the percentage of work performed.

Press the **New exercise** key to go back to the Visio home page and select one of the exercises available.

At the end of the exercise the results are saved in the TGS key.

At the end of the workout press the **End of workout session** key to close the current session: you will not be able to add other exercises. The page with the results of the entire workout session is displayed.



# Plug & Train without the Wellness System

## Setting a free workout

Insert the TGS key in Visio.

The session must not be in progress, so that the **Start workout session** key is present.

Press the key with the TGS key logo, to pass to the Wellness System mode.



Press the **Workout** key, to open the second row of keys.

Press the **Create a session** key or the **Free workout** key.

Finally press the **Start workout session** key: in this way the session No.1 is replaced with the free workout.

You can also access the training program change page and delete all the exercises, as described in the following section.

The free workout session can be saved as training program for the next time, in the same way as the first session.

## Changing the exercises in the training program

Insert the TGS key in the equipment. The page with the list of exercises in the training program opens.

Press the name of an exercise to see its characteristics, that is duration, workloads and muscles involved.

To change the workload or the duration of the exercise the session must not be in progress, therefore the **Start workout session** key is present.

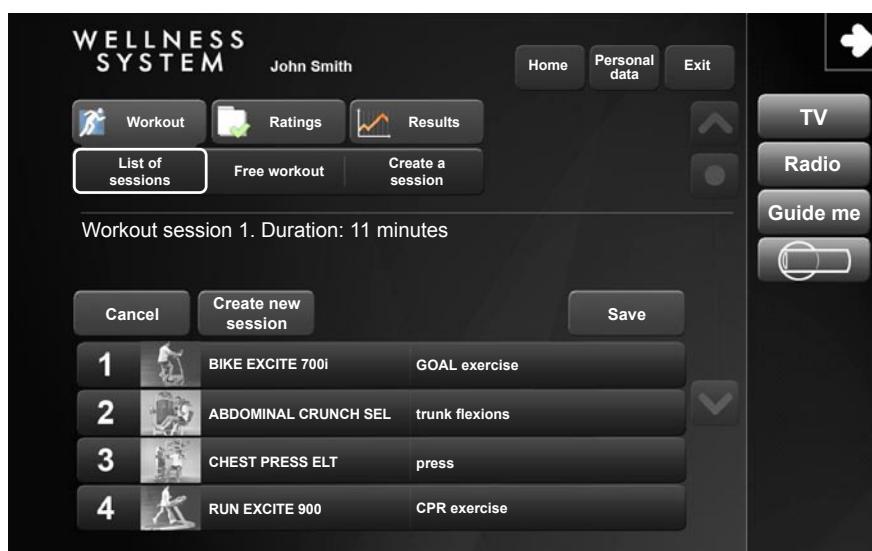
Press the key with the TGS key logo to go to the Wellness System mode.

Press the **Workout** key, to open the second row of keys.

Press the **List of sessions** key.

Press the central key, with the photos of the exercises in the training program. A new page with the list of exercises opens.

Press the **Change** key.



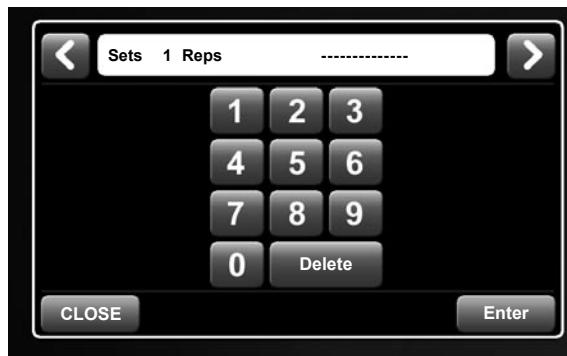
Press the **Create a new session** key to delete all the exercises present and set a free workout.

Press the **Cancel** key to go back to the list of exercises without saving the changes.

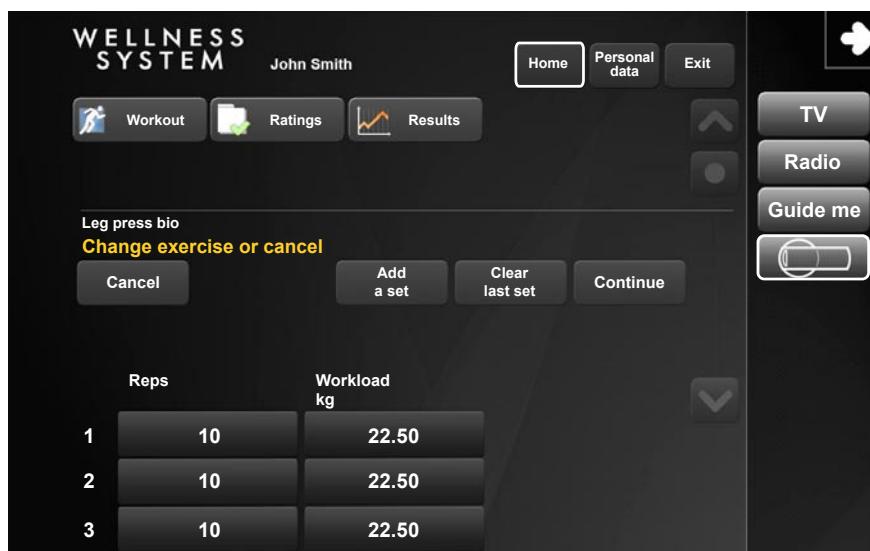
Press the name of the exercise to change its details.

Then, once the changes have been finished, press the **Save** key to save all the changes performed to the single exercises.

## Plug & Train without the Wellness System



Press on the value to change; a box opens with the keypad to enter the new data.  
Press the arrows at the top of the box to save the value inserted and go to the next / previous value.  
Press the **Enter** key to save the new value and close the box.  
Press the **Close** key to close the box without performing any changes.



For the strength exercises, press the **Add a set** key to enter a new set with the same workloads of the last set in the list.

Press the **Clear last set** to clear the last set in the table, not performed.

Press the **Start workout session** key to start the workout.

# Plug & Train without the Wellness System

## Seeing the results of the exercise and the session

Insert the TGS key in Visio.

In the list press the name of an exercise that has already been performed, to see its results; both the work set in the training program and the work actually performed are indicated.

Press the key with the TGS key logo on the top right, to pass to the Wellness System mode.

Press the **Results** key or the key with the percentage of work performed.



If not all the exercises in the training program have been performed, the results are partial.

The **done** column shows the sum of the results of the exercises performed.

The **to do** column shows the sum of the results achieved by performing all the exercises in the training program

To see the results of each single exercise, press the **Go back to the session** key, which opens to see the list of exercises in the workout session in progress.

In the page with the list press on the name of the exercise to see the details of the work performed and the work set in the training program.

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train.

If all the exercises in the training program have been performed, press the **End of workout session** key to save all the results in the TGS key.

## Plug & Train without the Wellness System



Press the **Session totals** key to see additional results and the comparison between work done and work to do.

Press the **Session details** to open the list of exercises in the session and see the results of the single exercises.

The **Save the workout** key is present only if there is a free workout in the session, as described for the first session.

# Plug & Train without the Wellness System

## The TGS key and the strength exercises

With Visio you can view the details of the strength exercises saved on the TGS key.

Insert the TGS key in Visio, to see the list of exercises in the training program.

Press on the name of the strength exercise to see its details.

Press the **Declare done** key and pass to the Wellness System mode.



The table shows the workloads set in the training program. If the exercise has been performed as set, press the **Go back to the session** key to see the list of exercises in the training program.

If the exercise has been performed differently to how it was set, press the **Change** key.

## Plug & Train without the Wellness System



Press on the single value to display the keypad.  
Press the **Add a set** key to insert the number of reps and the workload of the extra set performed.  
Press the **Clear last set** key to clear the last set in the table not performed.  
Once the changes have been performed, press the **Continue** key to save the data in the TGS key; a table listing all the changes compared to the training program is displayed.

In the new page press the **Go back to the session** key to go back to the list of exercises in the training program; now the strength exercise is set as **done**.

If there is more than one strength exercise in the training program, and all these exercises have been performed as set, you can save the results of all the exercises in one go.

Open the page with the TGS key content in Wellness System mode and press the **Confirm all strength exercises** key. All the results are saved in the TGS key.

## Seeing the ratings

Insert the TGS key in Visio. A page with the details of the exercise to perform or with the list of exercises opens.

Press the key with the TGS key logo on the top right, to pass to the Wellness System mode.

Press the **Ratings** key.

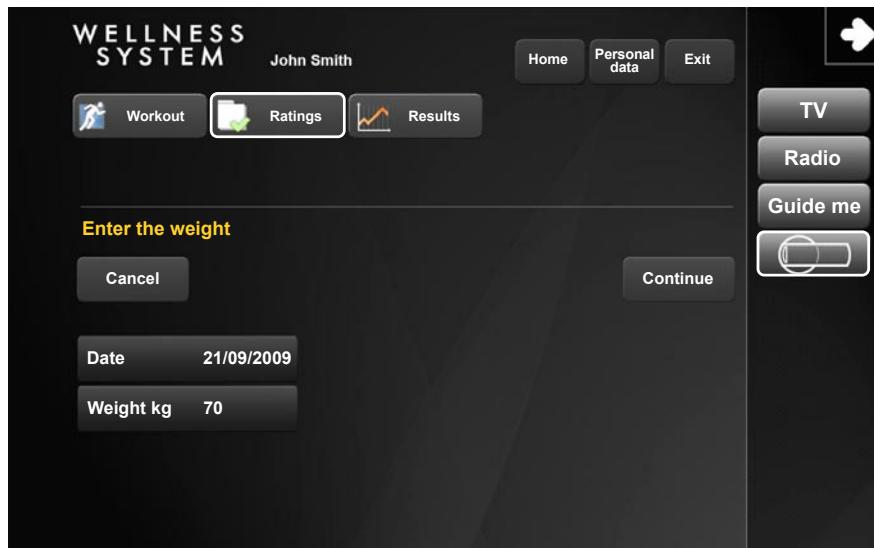


A graph illustrates the physical condition in relation to body weight:

- Severe obesity
- Obese
- Overweight
- Normal
- Underweight

Press the **Update the measurement** key to change the date and body weight.

# Plug & Train without the Wellness System



Press on the value to change; a box opens with the keypad to enter the new data.

Press the arrows at the top of the box to save the value inserted and go to the next / previous value.

Press the **Enter** key to save the new value and close the box.

Press the **Close** key to close the box without performing any changes.



Press the **Continue** key to save the changes performed.

Press the key with the TGS key logo or the **Exit** key to exit Plug & Train.

Press the **Home** key to go back to the Plug & Train home page.

# Watching the TV

The keys to display the TV and radio controls are on the right hand side of the screen; if the right key section is not present, press the arrow on the top right.



Once pressed, the key has a white border.

To switch the TV on press the **TV ON** key or select one of the channels saved.

To switch the TV off press the **TV OFF** key.

Use the arrows to scroll the list of channels; use the double arrows to scroll the pages with the list of channels.

The subtitles and information keys are av uages, a language selection menu is opened: press on the desired language, or on **No subtitles** to close the menu without displaying the subtitles.

Press the **Subtitles** key again to hide the subtitles.

Press the key **Information** to display the title and start time of the current program and the title and start time of the next program.

Press the same key again to hide the information.

Press the same **TV** key, on the right hand side of the screen, to hide the TV controls.

# Listening to the radio



To switch the radio on press the **RADIO ON** key or select one of the stations saved.

To switch the radio off press the **RADIO OFF**.

Use the arrows to scroll the list of frequencies; use the double arrows to scroll the pages with the list of frequencies.

There is also a key used to display program information, that is title and start time of the current program and title and start time of the next program.

Press the same **RADIO** key, on the right hand side of the screen, to hide the radio controls.

# Configuring the TV

In the Home Page, to go to the TV configuration menu, press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2 4 0 7** password with the numbers keypad, then press **Enter**.

If the password inserted is incorrect, the software goes back to the Home Page.



To adjust the contrast, brightness and colour press the corresponding keys on the bottom left.

For the digital channels press the **Digital channels set parameters** to adjust the three colours Red, Green, Blue.

To select the television standard press the **TV STANDARD** key. According to the type of Visio you can choose from the following:

European standards	American standards
PAL I	NTSC M
PAL BG	NTSC 44 M
PAL DK	
PAL BH	
PAL N	
PAL M	
SECAM BG	
SECAM H	
SECAM DK	
SECAM L	
SECAM L1	

Every time you enter the TV configuration, the standard corresponding to the channel saved on number 1 is displayed.

# Configuring the TV

ANALOGUE  
SEARCH

DIGITAL  
SEARCH

To save the television channels press one of the two search keys.

The TV channels memorisation keypad allows an identification name, and a number, to be associated to the selected channels. The memorised channels can be viewed during use with the corresponding TV control keys.

Up to 200 TV channels can be memorised; a further channel is reserved for the A/V signals from the DVD or from the games console.

The TV channels search is done automatically by pressing either the **ANALOGUE SEARCH** key, to search for analogue channels; or the **DIGITAL SEARCH** key, to search for digital channels. The frequencies of the channels are scrolled in the first column as they are found during the search.



## WARNING

You cannot exit the configuration menu during the search.

The **STOP SEARCH** key stops the automatic search; the channels found in the meantime can be memorised.

With the arrows on the left of the first column, you can scroll through the program pages; with the arrows on the right of the second column, you can scroll through the pages with the numbers and names associated to the channels.

Once you have found a channel to memorise in the left column, select it, then press the number that you want to associate it with in the second column.

If a channel has already been memorised under that number in the second column, the old channel will be overwritten with the new one.

## Configuring the TV

If it is an analogue channel, an alphanumeric keypad is displayed, to associate a name to the memorised channel.



Use the **Up** key to change from lower case to upper case and vice versa: if the key led is on, the letters are upper case.

To pass from the letters to the numbers/symbols, use the **@123** key: vice versa, to pass from the numbers/symbols to the letters, use the **ABC** key.

To delete the text inserted press the **Delete** key.

To memorise the text inserted and proceed press the **Enter** key.

In this way the channel is memorised until the equipment is switched off; to save the changes permanently in the Visio memory, press the **SAVE IN VISIO** key (see below).

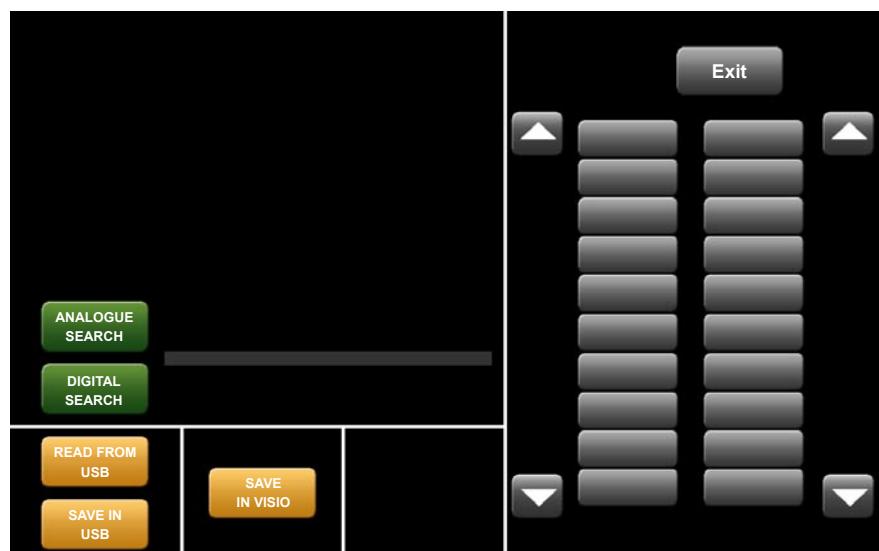
**If there are problems with the digital signal reception consult an authorised TV installation technician to check the system. It may, for example, require the repositioning of the existing aerial, the installation of a new aerial or the adjustment of the control unit with the replacement or installation of some of its modules.**

# Configuring the radio

In the Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the **2 4 0 8** password with the numbers keypad, then press Enter.

If the password inserted is incorrect, the software goes back to the Home Page.



To go back to the Home Page press **Exit**.

The radio frequencies can be searched automatically by pressing either the **DIGITAL SEARCH** key or the **ANALOGUE SEARCH** key. The frequencies are scrolled in the first column as they are found during the search.

The **STOP SEARCH** key stops the automatic search; the frequencies found in the meantime can be memorised.

With the arrows on the left of the first column, you can scroll through the frequencies found pages; with the arrows on the right of the second column, you can scroll through the pages with the numbers and names associated to the frequencies.

Select the station to memorise in the first column, and then press the number to associate to it in the second column. If a frequency has already been memorised under that number, the old frequency will be overwritten with the new one.

Up to 200 frequencies can be memorised.

In this way the new station will remain in the memory until the equipment is switched off; to permanently memorise the changes in Visio memory press the **SAVE IN VISIO** key.

# Saving the configuration

To save the changes made in the Configuration page permanently, press the  key in each one of the pages changed.

If, in the configuration page, you press the **Exit** key without having permanently saved, in the Visio memory, the changes made to the TV configuration (contrast, luminosity, colour, channels memorised, TV standard) or the radio configuration, the changes will apply only until the equipment is restarted; this is why a message asks for confirmation:

## ATTENTION

The changes have not been saved.  
Do you want to  
save in Visio the changes?

Press **YES** to save the changes permanently, press **NO** to exit without saving.

# Importing the configuration from USB

In order to transfer the same TV or radio settings to other Visios, without repeating the same configuration operations on each of them, the data can be memorised on the USB key and then loaded from there onto a new equipment.

To transfer the TV settings enter the TV configuration menu; to transfer the radio settings enter the radio configuration menu.

To use the USB key the configuration changes must be saved permanently in Visio; the settings in the temporary memory are not transferred.

To save the settings present in the permanent memory on the USB key, insert the USB key in the reading device, then press the

SAVE  
IN USB

key.

To load the data saved on the USB key into an equipment, enter the TV or radio configuration menu, insert the USB key in the reading device, then press the

READ  
FROM USB

key.

The transferred data is loaded in the temporary memory, therefore it is memorised until the equipment is switched off; to permanently memorise the data, press the **SAVE IN VISIO** key.

# Configuring the IPTV channels

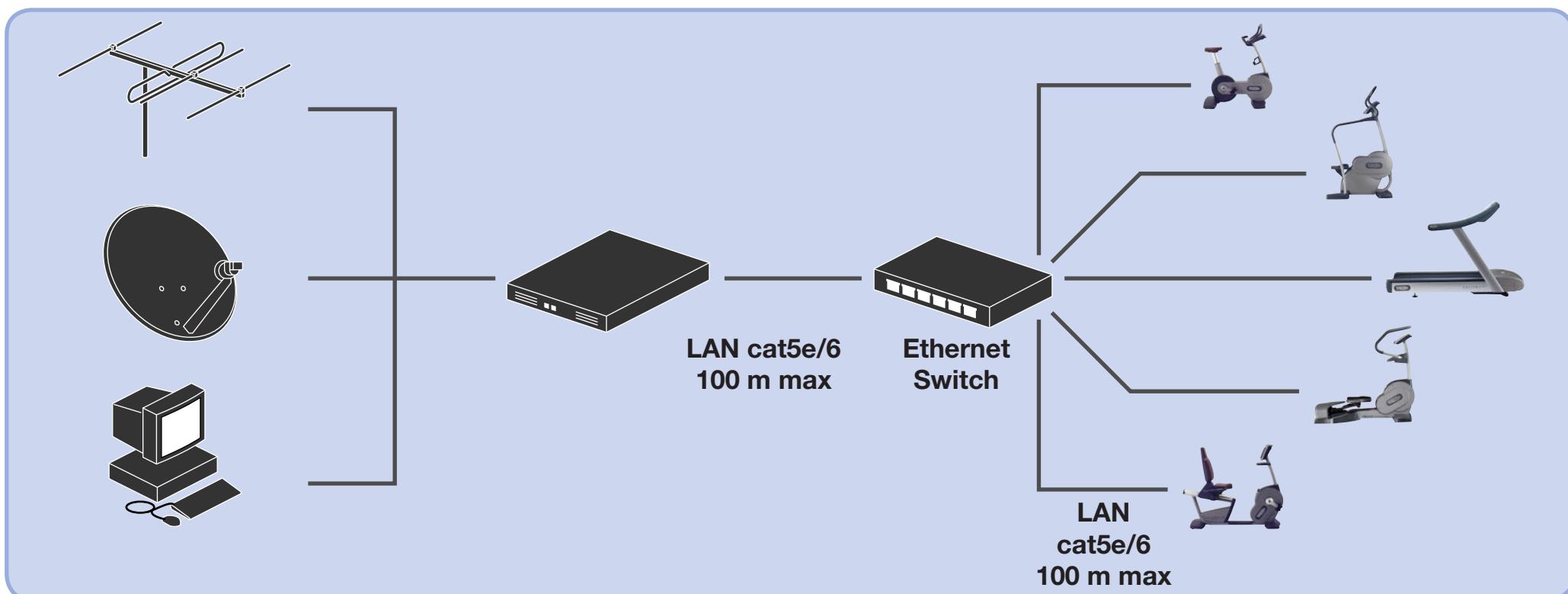
Visio can be connected with the Internet Protocol TeleVision (IPTV).

The following elements are required:

- a receiver / transmitter, that receives the signal from the television aerial, the satellite or the DVD reader and transmits it via the LAN network;
- a switch, with a higher number of ports than on Visio, that supports the IGMP protocol, and with Gigabit Ethernet connection;
- cat5e/6 network cable.

The network cable must not be longer than 10 metres, between receiver and switch; and between switch and Visio.

Before configuring the IPTV, assign an IP address to the LAN network.



## Configuring the IPTV channels

In the Visio Home Page press the top right hand corner, the bottom left hand corner and the bottom right hand corner of the screen in sequence.

Insert the password with the numbers keypad, then press Enter key; the password is **2 4 0 4** for the television channels; **2 4 0 5** for the radio frequencies.

If the password inserted is incorrect, the software goes back to the Home Page.

Insert name, address and port for each single channel, as recorded in the receiver.

When you press on the data entry field, a keypad is displayed.

Press the key to select the protocol for the channel, UDP or RTP.

Two other keys are enabled:

- **Preview**, that shows the channel in preview in the box on the left.
- **Save**, to save the channel.

After having pressed **Save**, you must press one of the keys in the column on the right, to associate a channel; if none of these keys is pressed, the channel is not memorised.

Before exiting this page press the **SAVE IN VISIO** key, to save the settings permanently.

To rapidly transfer the same channels on various Visios, use a USB key, as described in the “*Importing the configuration from USB*” section.

The same procedure must be repeated for the radio frequencies.

# Using the iPod and USB

When you insert the iPod, the **iPod** key, with a white border, appears on the right hand side of the screen. If the right key section is not present, press the arrow on the top right.



Press the central key to start playing the selected file.  
You can navigate through the documents when a file is being played.

To go back to the initial list of contents press the **Menu** key.

Press the **iPod** key with a white border to close the controls window.

When the iPod is connected, it recharges automatically.

If the iPod is enabled, you can record the workout data and then see it at the Nikeplus website: connect the iPod at the start or during the exercise, then, at the end of the exercise, confirm the data recording.

recording workout to iPod

## Using the iPod and USB

When you insert the USB key, the **USB** key, with a white border, appears on the right hand side of the screen. If the right key section is not present, press the arrow on the top right.



The main menu contains the list of contents:

- All contents
- Music
- Videos
- Photos

To go back to this initial list press the **Menu** key.

Press the central key to start the selected file.

You can navigate through the documents while a file is being played.

Press the **USB** key with the white border to close the controls window.

Formats supported: mp3, wma, wav, wmv, MPEG2, MPEG4, DivX, Xvid, jpg

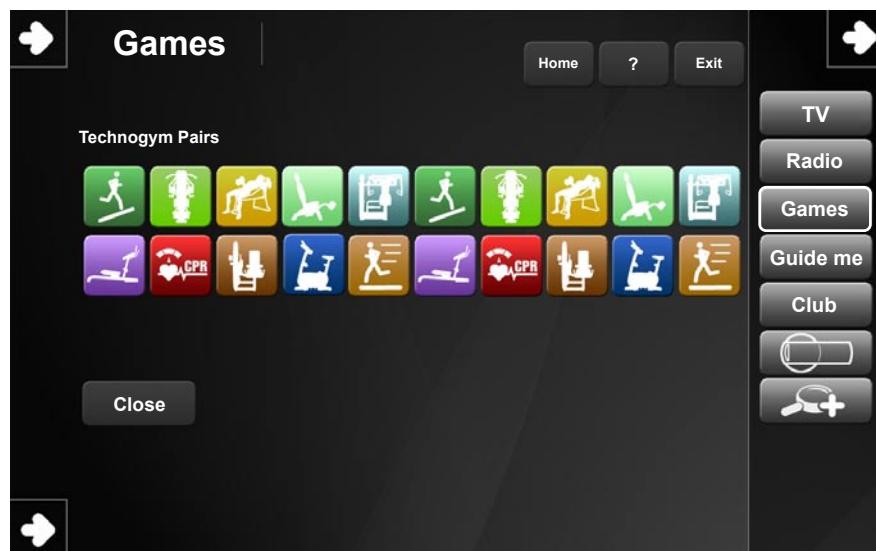
# The Games Area

The **Games** key is only active when you are performing an exercise.

It is on the right hand side of the screen; if the right key section is not present, press the arrow on the top right.

Press the **Games** key to open the page with the list of games available.

While you are playing a game, you cannot watch the TV.



The following keys are present:

**Home** to go back to the page with the list of games

**?** to read the instructions for the same selected

**Exit** to exit the games area.

**Close** to close the game in progress and select a new level for the next game

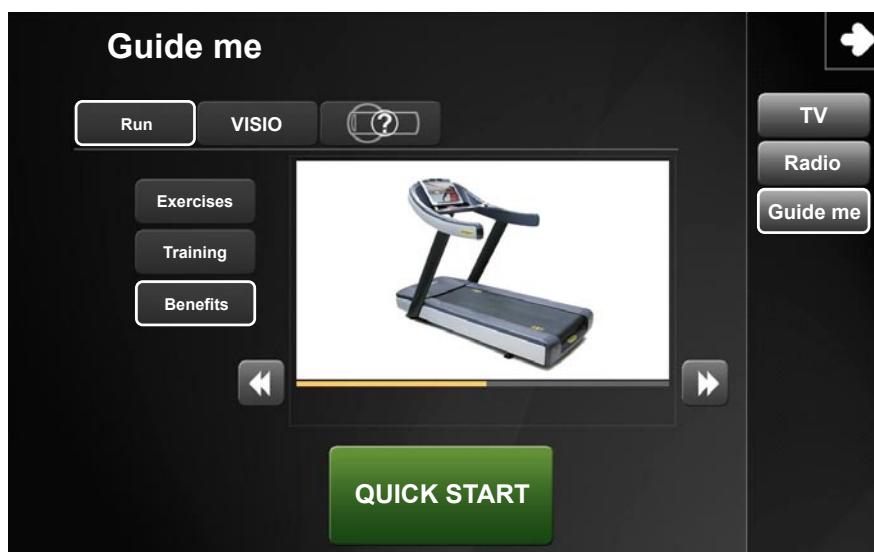
At the end of the session the results and duration are displayed.

To exit the games area you can also press the **Games** key again.

# The Guide me Area

Use the **Guide me** key to access the area containing information on how to use the specific equipment that Visio is installed on, how to use Visio and the TGS key.

The Guide me key is on the right hand side of the screen; if the right key section is not present, press the arrow on the top right. On the key the **Guide me** name alternates with the image of the equipment.



When you press the **Guide me** key the **Exercises** page is displayed, which illustrates the correct position on the equipment.

Press the **Training** key to find out the recommended exercise and how to set it.

Press the **Benefits** key to find out the benefits of using the equipment.

To navigate through the different videos you can also use the double arrows at the two sides of the scroll bar.

The two keys at the top, next to the equipment name, allow you to see a short film on how to use Visio and the TGS key.

When you are watching these videos you cannot watch the TV at the same time, so the TV is temporarily hidden.

If the **Guide me** key is pressed in the home page, the **QUICK START** key remains displayed to start the exercise.

Press the **Guide me** key to exit.

# The Club Area

Use the Club key to access a communication area containing information on the services and activities available in the club. The Club key is only active when you are performing an exercise.

While you are consulting the information in the Club area, you cannot watch the TV, the videos or the images at the same time.

When you press the Club key, the home page opens with the ranking by calories.



The contents are divided in four pages, which can be opened with the corresponding keys:

- Rankings
- Courses program
- Promotions
- Bulletin board

From any page press the **Home** key to go back to the Club home page. Press the **Exit** key or the **Club** key to exit the Club area.

# Rankings

The rankings list the best performances over the last period on the specific equipment in which the TGS key is inserted.



Press the **Calories** key to consult the ranking based on calories consumed.

Press the **Distance** key to consult the ranking based on distance covered.

For each ranking you can consult the results for the same day, week or month.

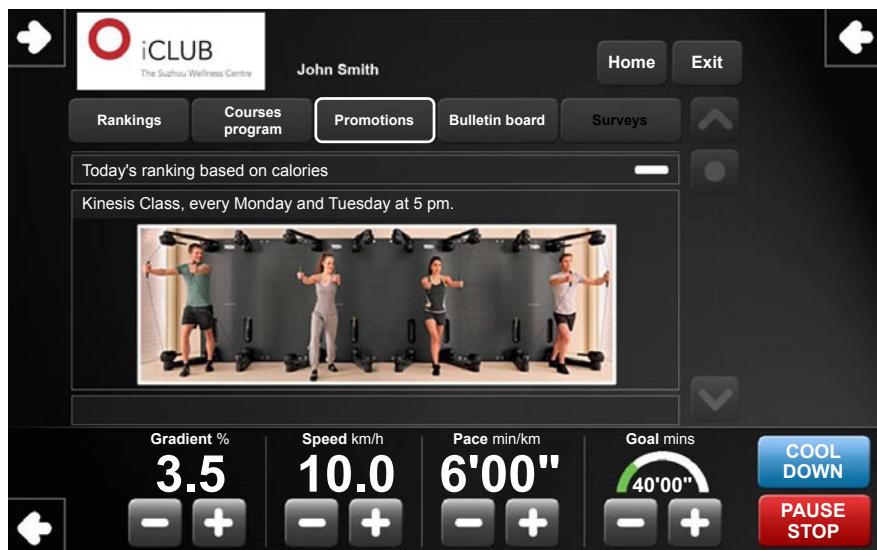
You are included in the equipment's ranking automatically each time you exercise; the name stored in the personal information appears in the list. The ranking is updated in real time, therefore you can already see your position during the workout.

At the end of the exercise the position in the ranking for the day by calories is displayed with the results.

Position in ranking	n.	28
---------------------	----	----

To enter a personalised logo, instead of the Technogym logo, in the Club area and in the Visio screensaver, see the configuration menu.

# Courses program, Promotions, Bulletin board



In these pages you can copy images with information about products and services from a USB key.

One image can be inserted for each page.

The images must be in one of the following formats:

- bmp
- jpg
- tif
- png
- non-animated gif

The recommended size is 851 x 380, for the 15" screen; 1011 x 460, for the 19" screen.

The images must have the following names:

- **courses** for the courses program
- **promotions** for the promotions
- **bulletin board** for the bulletin board

Create a folder in the USB key with the name **clubarea**; insert the images to copy in Visio in this folder.

Insert the USB key when Visio is in standby; the images are copied automatically and they replace any previous images.

The images can be copied, as well as with the USB key, with Communicator, a program for PCs that lets you send images and messages to all Visio's connected in network.

With Communicator connected in network you can also enable the surveys in the Club area.

If the Visios are not connected in network but you have access to Communicator to create images, save the file created with Communicator in the root folder of the USB key, without changing the name, then insert the USB key in each Visio. The non-file must not be larger than 100 MB.

For the Communicator functions see its user manual.